

# Heart of Healthy YOU



*There's a new  
section in the  
middle of  
this issue,  
focusing on  
YOUR  
heart health*

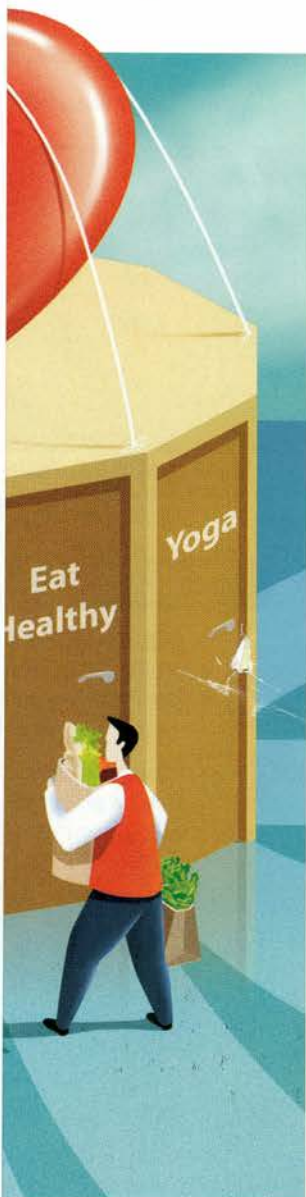
**LEHIGH VALLEY**

HOSPITAL AND  
HEALTH NETWORK

# YOU

MAY/JUNE 2002

**Special Section  
for Your Heart**  
(page 19)



ices

# It's all about your heart

**A healthy heart is key to your quality of life!** To keep you informed on new research and treatments, as well as the important choices you can make to prevent heart disease, we've created a special section of *Healthy You*. It's in the middle of the magazine (pages 19-26) and appropriately, it's called *Heart of Healthy You*. Here are some highlights:

♥ **New Findings About  
'An Aspirin a Day'** (page 20)

♥ **Get Walking!** —how a pedometer can motivate you (page 20)

♥ **Why You Should Know CPR** (page 22)

♥ **A Woman's Heart—  
It's Time to Take Charge** (page 24)

You'll find the special heart section in *Healthy You* several times a year. Please let us know how you like it, and what heart-related subjects you'd like to learn more about. The Regional Heart Center at Lehigh Valley Hospital and Health Network is committed to helping you make the most of your heart health.

**Call us at 610-402-CARE**

**E-mail us at**

**402CARE@lvh.com**

# Healthy You

Lehigh Valley Hospital and Health Network

MAY/JUNE 2002

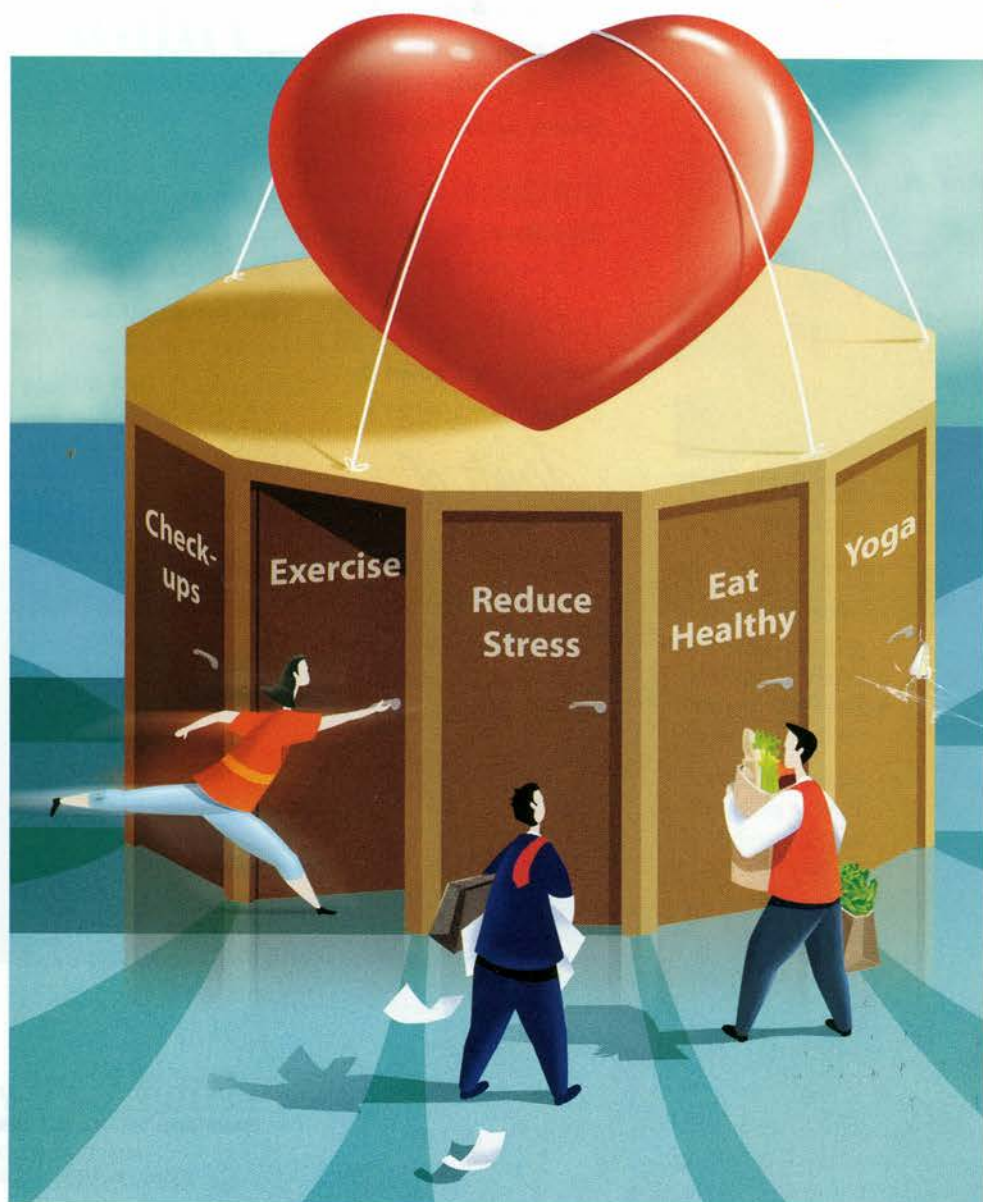
Why He Won't Call the Doctor

Parenting Grown Children

Is It a Food Allergy?

How Exercise Keeps You Young

**Special Section  
for Your Heart**  
(page 19)



**Making Heart-Smart Choices**



# Healthy You

MAY/JUNE 2002

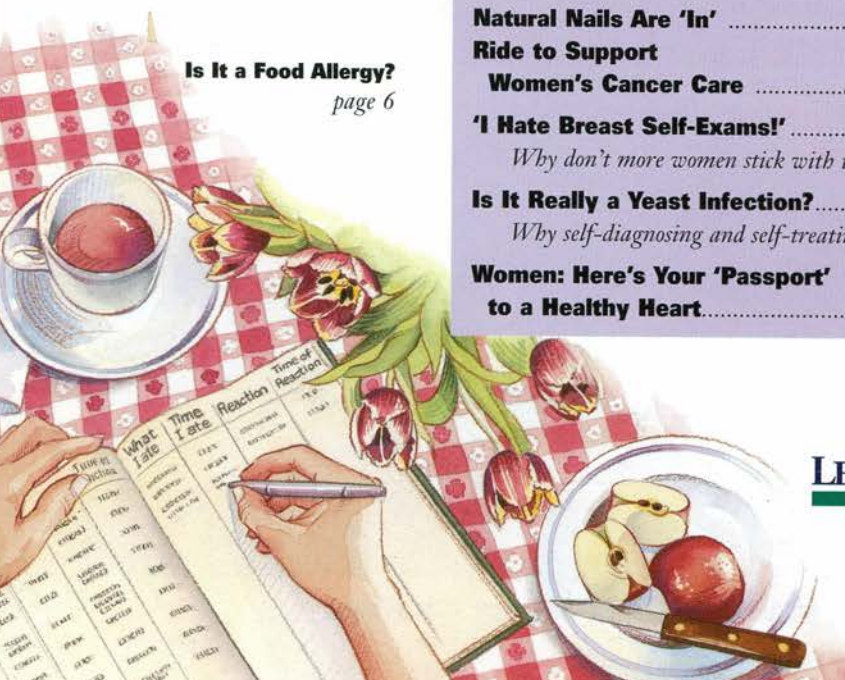


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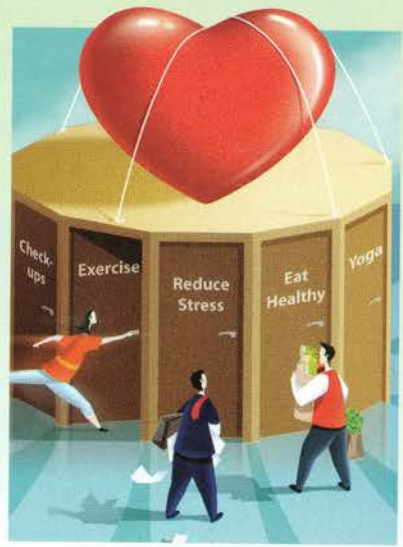
**LEHIGH VALLEY**  
HOSPITAL AND  
HEALTH NETWORK



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Lehigh Valley Hospital and Health Network

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Cover illustration by Simon Shaw

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### Exciting Health Improvement Classes

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A night of fun interactive activities for teens planned by their peers to help prevent unhealthy behaviors
- **Herbs and Your Health** page 36  
Which are the right ones for you?
- **Get Walking!** page 36  
Here is an exercise plan that has you counting your daily steps

### May is Osteoporosis Month

**Osteoporosis Screenings**  
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**Building Your Bone 'Bank Account'** page 39  
Learn about the importance of calcium and enjoy a calcium-rich dinner

### Special Programs for Employers

**Minimize the Risk of Workplace Violence** page 35  
Learn about violence prevention programs

**Case Management and Returning to Work** page 35  
Discover the benefits of good employee case management



**The area's most comprehensive health improvement classes.**



## Coaches Can Prevent and Respond to Sports Injuries

**Coaching soccer, baseball and other recreational league sports** is about more than just teaching athletic skills and promoting teamwork. Coaches also need to know how to prevent injuries through proper technique and conditioning and how to respond to common sports injuries.

**Want to Know More?** If you coach youth sports and want to attend a Coaches Clinic where you can learn more about injury prevention and treatment, call 610-402-CARE or see details on

page 43.



## Join the War on HIV/AIDS

If you wish there were something you could do to help combat the AIDS epidemic, here is your opportunity: join a research trial of a new HIV vaccine. The national study, being conducted locally at Lehigh Valley Hospital, is seeking healthy participants. There's no chance of getting HIV from the Merck and Co. vaccine. Volunteers receive a series of three injections of either the vaccine or a placebo. Over the next five years, their blood is tested to determine the response of their immune systems. The first Lehigh Valley subject is a 22 year-old-man who says, "I'm enrolled in this study because it's something I can do to help people."

**Want to Know More** about joining the study? Call 610-402-CARE.

## Traveling With Your Medications

Wherever you're traveling this spring or summer, put the same careful thought into your medications as you do your wardrobe. "A little planning goes a long way toward safety and peace of mind," says Bob Begliomini, director of pharmacy at Lehigh Valley Hospital and Health Network. His suggestions:

- **Keep your medications in a carry-on bag**, not checked luggage.
- **Keep each medication in its original container**; important information on the bottle may be needed by a pharmacist or physician at your destination.
- **Stay with your regular schedule for medication-taking.** If you're traveling to a different time zone, bring a watch set to your home time zone.
- **Bring an extra week's supply** of all medications and a copy of the original prescription.
- **Keep a wallet card explaining your condition** and the medications you're on, and tell your travel companion about it in case you're incapacitated.
- **If traveling overseas, bring a letter from your doctor** explaining your condition and medications.
- **If you're allergic to any medications**, wear an allergy bracelet.
- **If your medication needs to be kept cool or protected from heat**, plan accordingly.

**Want to Know More** about travel suggestions for people with diabetes? Call 610-402-CARE.

## Lyme Disease on the Rise—How to Protect Yourself

Lyme disease rates doubled to nearly 20,000 a year in the late 1990s, as more people built homes in wooded areas and the deer population boomed. As most Pennsylvanians know (ours being one of the highest-risk states), Lyme disease is carried by the tiny deer tick, *Ixodes scapularis*.

"Each spring, we get lots of questions about symptoms," says Timothy Friel, M.D., infectious disease specialist at Lehigh Valley Hospital and Health Network. The classic sign of Lyme disease is a bull's-eye rash, but it doesn't occur in everyone infected. The flu-like symptoms and joint aches also associated with Lyme disease can come from many other causes.

An improved diagnostic blood test is just around the corner, but reports are not so positive on the vaccine that made headlines a couple of years ago. There were reports of severe arthritis-like reactions. The vaccine was withdrawn in February 2002.

"As always, prevention is the best medicine," Friel says. "Wear long sleeves and pants when going into the woods, and use insect repellent. When you come inside, carefully examine your skin for ticks. They must be attached for more than 48 hours to transmit the bacteria, so removing them promptly reduces your risk."

**For the Record:** In the March/April issue of *Healthy You*, in the article "Are You Taking Your Medication Correctly?", Prozac, Xanax and Ativan were listed as examples of antidepressants. Prozac is an antidepressant, but Xanax and Ativan should have been categorized as anti-anxiety medications. As stated in the article, alcohol should be avoided when taking any of these three drugs. As always, contact your physician or pharmacist if you have questions about your medications.



# Skin-Safe Clothing for Summer

**S**unny days bring great pleasure, but come with a price. Long-term exposure to the sun's dangerous UV (ultraviolet) rays can lead to skin cancer, which affects one in five Americans. "You can still enjoy the sun," says Steven Oberlender, M.D., dermatologist at Lehigh Valley Hospital and Health Network. "Just be smart about it."

That means covering up, and there's plenty of good-looking, comfortable clothing available to keep the sun away and keep you cool.

As a house painter and avid fisherman, Jay Reinsmith of Allentown knows the importance of sun protection. Here he demonstrates what to wear.

■ **Sunscreen or sunblock (rated SPF 30)** is essential; reapply every two hours.

**Want to Know More** about how to choose sunglasses? Call 610-402-CARE. For a discount coupon from Nestor's Wilderness Travel Outfitters for selected brands of skin-safe clothing, call 610-402-CARE.

**Mark Your Calendar**

**UV Sun Damage Screening**

June 11; July 9

Details on pages 36 and 38

■ **UV-rated sunglasses** protect against glare and cataracts.

■ **A wide-brim hat** (unlike a baseball cap) shields sensitive ears and neck from sunburn.

■ **A light color keeps you cooler** by reflecting, not absorbing, the sun's heat.

■ **A shirt with vents** allows air to circulate.

■ **Zip-off pant legs and roll-up sleeves** provide cover when you need it and a way to cool off when you don't.

■ **A tight-knit fabric like nylon** is cool, sheds water and blocks UV rays better than cotton.

■ **Covered shoes—not sandals or open-toe styles**—protect the easily sunburned skin on your feet.



# Is It a Food Allergy?

Whether you  
have an 'allergy'  
or just an  
'intolerance,'  
handle it  
with care

**K**aren Friedly had eaten lobster her whole life. Then 30 minutes after a lobster meal in Maine several years ago, she broke out in body hives and mouth blisters.

Friedly, a Lehigh Valley Hospital and Health Network registered dietitian, was having her first allergic reaction at age 30. She's among just 1 percent of adults who are allergic to foods like shellfish, eggs, milk and peanuts—but many more *think* they're allergic.

**"People often mistake food intolerance for an allergy,"** Friedly says. "When your body lacks an enzyme to digest a particular food, it causes bloating, cramping and diarrhea. That's a food intolerance. When your immune system fights the food, it causes rash, hives, nausea, runny nose and sometimes, life-threatening swelling of the airway. That's an allergy."

"Up to 100 people die each year from airway swelling, or anaphylactic shock, most often from shellfish or peanuts," says Friedly's colleague, family practice physician Chris Sorensen, M.D. "People who are prone to this carry adrenaline (an Epi-Pen) and wear a wristband to alert medics."

**Though adults can develop food allergies, they're 10 times more common in children,** who often outgrow them. "When you're weaning your baby, introduce a new food each week to see if there's a reaction," Sorensen says. "If a parent had or has an allergy, the child often will, too." That's the case with Friedly's husband and son, who's so allergic to milk, "he had trouble breathing after eating a nacho cheese chip."

**If you suspect an allergy,** your doctor will have you keep a journal of what you eat and when. A skin prick test is the most common method of identifying the "guilty" foods and ruling out the innocent.

The best treatment? Avoid the food—and that can take some effort. "Read labels and prepare meals carefully," Friedly says.

"Inform restaurants of your allergy, too. If you're allergic to cheese and a piece even touches your sandwich, you can have a reaction." ●

**Want to Know More?** Did you know milk is often called "casein" on food labels? For a list of hidden allergens like this and a *Healthy You* story on milk intolerance, call 610-402-CARE.

## Mark Your Calendar

### Camp Wheeze Away

(for children with allergies and asthma)

July 12-14

Details on page 40

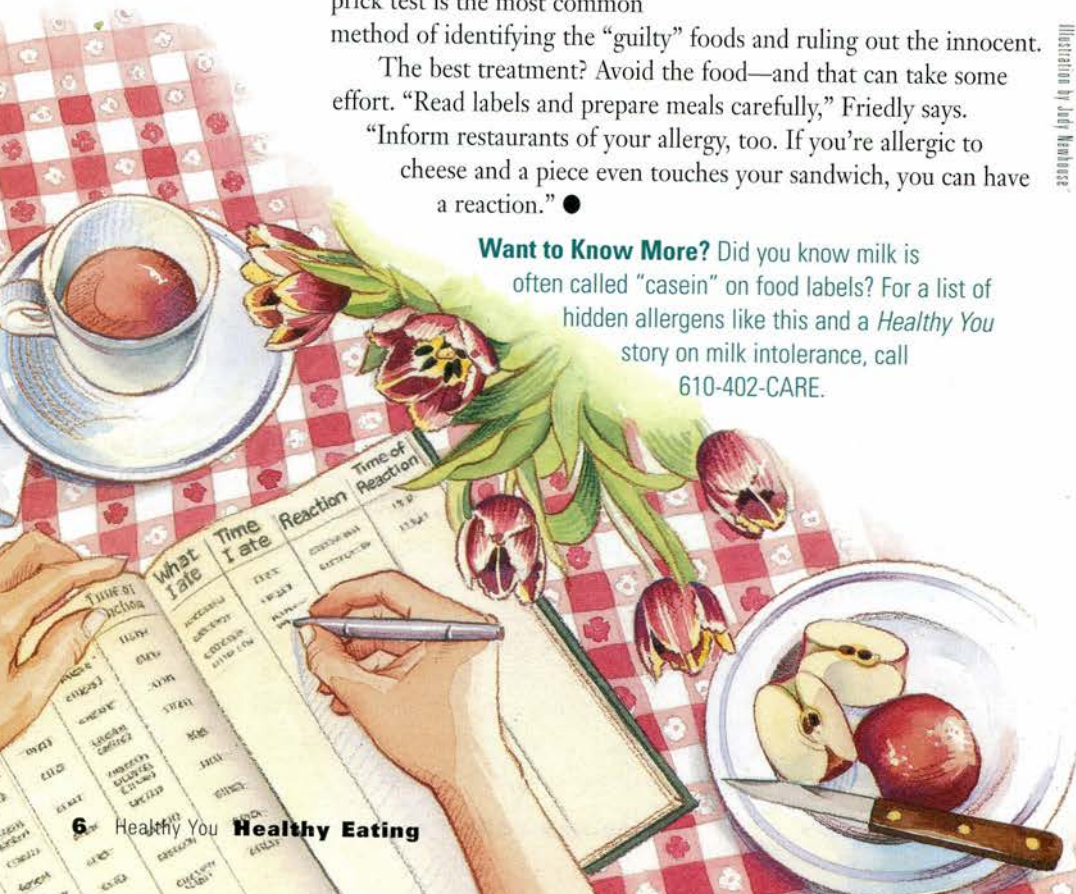


Illustration by Jeff Mankose



# Ride to Support Women's Cancer Care

## **Spirit of Women Ride for Cancer**

Lehigh Valley Velodrome

Routes 100 and 222

Trexlerstown

Fee: \$25

### **Friday, May 31**

5-7 p.m.

Ride packet and T-shirt pickup

### **Saturday, June 1**

8-9 a.m. • Check-in

9 a.m.-noon • Spirit of Women  
Ride for Cancer (5-, 14-, 21- and  
30-mile ride options available)

8 a.m.-noon • Clinics on health,  
nutrition, fitness and bike safety

**All participants receive  
two free tickets to the  
Commercial Color U.S.  
Women's Open Bike Race  
on June 7.**

**The first 500 registered  
riders receive a free T-shirt!**

**For information,  
call 610-402-CARE.**



### **Do it for other women and yourself!**

If you can pedal a bike, you can ride five miles. More than 300 women learned that last year as they rode in the Spirit of Women Ride for Cancer, raising more than \$5,000 to fight women's cancers.

This year, you can join the ride Saturday, June 1. The 5- to 30-mile road course loops around flat terrain and rolling hills and is a fun journey to share with your relatives, friends or colleagues.

Proceeds from this Lehigh Valley Velodrome event benefit women's cancer programs at Lehigh Valley Hospital and Health Network. More than 500 women are treated here each year for breast, uterine, ovarian, cervical and endometrial cancers.

To learn more or to register, call 610-402-CARE.

Pictured above (l-r), 2001 ride participants Emily Trycinski of Nazareth, Dolly Geschel of Emmaus and Lucy McCants of Allentown

*Spirit of*  
**Women.**

*Spirit of*  
**Women**  
*for*  
**RIDE**  
**CANCER**

*Proceeds benefit women's  
cancer programs at the John  
and Dorothy Morgan Cancer  
Center of Lehigh Valley  
Hospital and Health Network.*

**Make your \$25 check  
payable to Lehigh Valley  
Velodrome.**

**Detach and mail this form  
with your check to:**

Lehigh Valley Velodrome  
217 Main St.  
Emmaus, PA 18049

**Registration Deadline:**

Postmarked by May 17, 2002

**Late Registration:**

*\$30 at packet pickup  
on Friday, May 31*

# ENTRANCE FORM

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Daytime Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Yes, I want to be acknowledged as a cancer survivor \_\_\_\_\_

Check one:

☐ 5-mile ☐ 14-mile ☐ 21-mile ☐ 30-mile

Circle T-shirt size: M L XL

## Special Thanks to:



**BICYCLING**  
MAGAZINE

**LEHIGH VALLEY**  
HOSPITAL AND  
HEALTH NETWORK

I know that cycling is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a *Spirit of Women Ride for Cancer* official, relative to my ability, to safely complete the ride. I assume all risks associated with participating including, but not limited to, falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and understood by me. Having read this waiver, and in consideration of my application being accepted, I (for myself and anyone else entitled to act on my behalf) release the *Spirit of Women Ride for Cancer*, all volunteers and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission for the use of any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent or guardian if participant is under 18 years of age \_\_\_\_\_



**Breast Health Services**  
A program of Lehigh Valley Hospital  
(610) 402-2791

## Do it yourself

### MONTHLY BREAST SELF-EXAM

**In the shower.** Raise one arm. With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast, your left hand for your right breast.

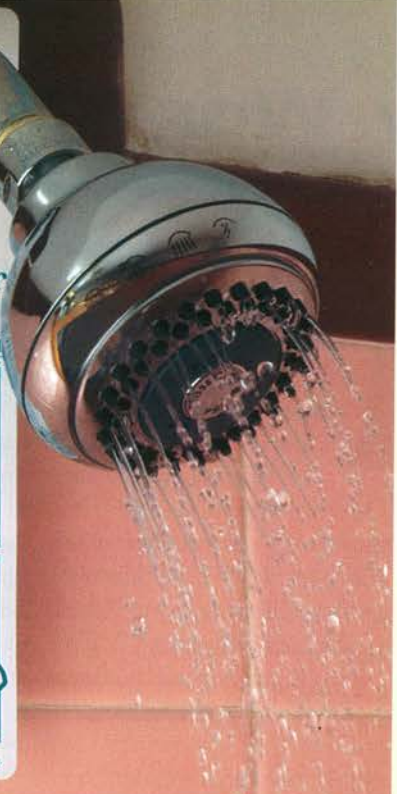


**Before a mirror.** With arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture.



Gently squeeze both nipples and look for discharge.

Turn Over For Further Instructions



**M**onthly breast self-exams—we know we *should* do them, but only about one-third of us actually do. Some women say they forget, others are afraid of what they'll find, but most say they just aren't sure what they're feeling.

Despite recent studies in China and Russia that question the benefit of breast self-exams, gynecologist Patrice M. Weiss, M.D., of Lehigh Valley Hospital and Health Network is still strongly in favor of the practice. "Through breast self-exams, you get to know your body and take responsibility for your own health," she says.

Women should start breast self-exams as adolescents and continue each month throughout their lives. "The best time is

## 'I Hate Breast Self-Exams!'

Why don't more women stick with this important health habit?

the week after your period when your breasts tend to be less lumpy and tender," Weiss says. "After menopause, you can do your monthly exam any time, but stick to the same time—say, the first day of the month—to help you remember."

**And if you're afraid of what you might find?** "Rest assured that most lumps are harmless," Weiss says. "But it's still important to tell your doctor promptly about any changes. Speaking as a woman as well as a doctor, I feel it's better to know for sure than to speculate. It's also important to treat any problems as early as possible for the best results."

To help her patients understand what they're feeling, Weiss takes time during each woman's annual physical exam.

"I tell them, 'Your breasts have no abnormalities today, so everything you feel is your own normal bumpiness. Breast tissue feels different from any other area of the body. Now, examine your breasts every day for the next week so you'll be familiar with what's 'normal' for you.'"

**Want to Know More?** Call 610-402-CARE for a free card showing how to do a breast self-exam. You can hang it in your shower as a monthly reminder (see photo).

## Sneaky Tricks to Motivate Yourself

- **Mark your calendar**—Do breast self-exams at a set time each month.
- **Take time in the shower**—It's often easier to feel changes when your skin is wet and soapy.
- **Enlist a friend to remind you**—You'll help keep each other motivated.
- **Give yourself a mini-reward**—A chocolate...a favorite magazine...you deserve it!



# Why Won't He Go to the Doctor?

Fear and denial often prevent men from getting timely care

"Picture this," says Ken Matthews, host of B-104 FM's morning show. "A guy driving home hears a knock under the hood. He stops immediately, checks it out and calls his mechanic. But if that guy has chest pains, he'll keep driving. When he gets home, he'll call it indigestion and hope it goes away."

Why do so many men refuse to seek medical help? Denial and fear play a big part. "And both those things reflect our society's expectations of men," says psychologist Tom Lane of Lehigh Valley Hospital and Health Network. "Girls get attention for small injuries and illnesses. Boys get rewards for ignoring pain and being tough."

## He's in denial

Many men view illness, with its loss of power and independence, as a loss of masculinity. So they deny anything's wrong. "This has nothing to do with intelligence, education or status," says Michael Kaufmann, M.D., chair of psychiatry at Lehigh Valley Hospital and Health Network. "It's about protecting their image."

Health care isn't even on the radar screen for many men. Regular checkups are part of women's lives, especially in the childbearing years, but young men rarely establish a routine of medical exams. "We think the good health of our 20s will last forever," Matthews says. "When something goes wrong, we can't believe it's happening to us."

**"What, me sick?  
Not a chance!"**

Ken Matthews of B-104 FM demonstrates the "macho" attitude that keeps many men from seeking health care when they need it. It's one reason why men don't live as long as women.





That attitude can be deadly if you're having a heart attack. "Denial causes delay in getting help, and the longer the delay the less chance of making a good recovery," Kaufmann says. "Ideally, you should get treatment within 30 minutes after symptoms begin. In reality, men waste more time in denial than they spend in the ambulance or emergency waiting room."

## He's afraid

Many men avoid the doctor because they fear pain or bad news. Partly, that comes from not knowing what a medical test or procedure will actually be like. "Fear of pain and death is only natural," Kaufmann says. "What men need to remember is that early detection and treatment can minimize pain and even save your life."

Men also worry about the job fallout they may suffer if they take time off for medical care. And they fret that the high cost may jeopardize family finances, especially if they'll be on sick leave for a while.

In cases where there's no health insurance, both men and women have been known to postpone a needed doctor visit, says family practice physician Jack Lenhart, M.D., medical director of Valley Preferred health plan. "Still, an uninsured man often will insist his wife get treatment while he resists getting help himself."

The result? He doesn't call the doctor until the condition gets so severe he can't work. "Obviously, this doesn't make good economic sense," Lenhart says. "Early treatment costs less and gets you back to work sooner."

## Changing the pattern

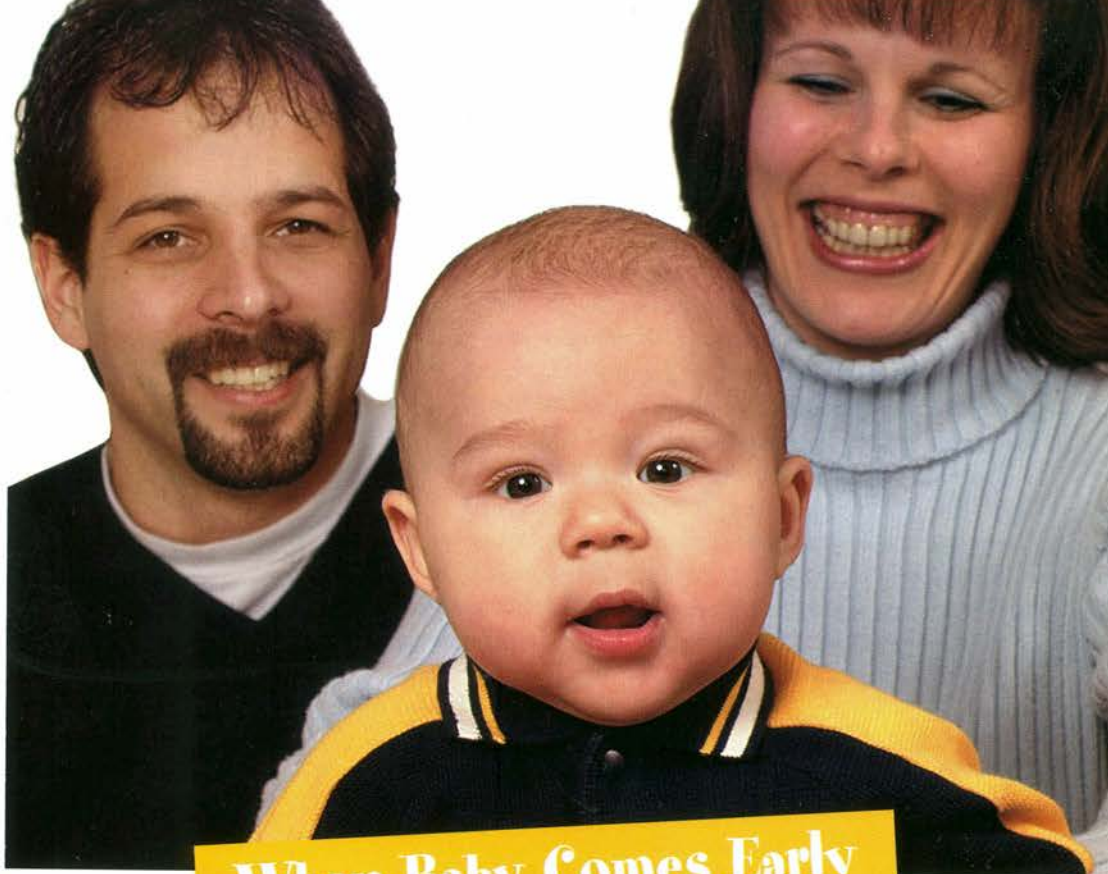
Due in part to their reluctance to call the doctor, "men live sicker and die younger than women," Lane says. Will that ever change? Today's fast-rising level of health care knowledge is an encouraging sign. "As men become better informed about the value of early treatment, and what to expect when they need an MRI or a prostate test, they'll be more comfortable seeking care," Lenhart says.

To truly change their attitude, men also need to step forward and share their stories, Kaufmann says: "Hearing a friend talk about his recovery, or reading about a man who went through the same illness you did—this kind of personal connection really makes a difference." ●

**Want to Know More?** For a list of important health screenings for men or great health web sites for men, visit [www.lvh.org](http://www.lvh.org) or call 610-402-CARE.

## How to Help the Man in Your Life

- **Talk things over.** Tell him how important his health is to you and your family.
- **Get information.** Share pamphlets that help explain symptoms or procedures.
- **Be a facilitator.** Offer to make the appointment, drive him or accompany him.
- **Don't trick him into going to the doctor.** Unless it's an emergency, he is ultimately responsible for his own health.



## When Baby Comes Early

**Having a 'preemie' today is far less of a worry than it once was; survival has improved dramatically**

Today when a baby comes a few weeks early, the biggest problems for the parents are likely

to be rushing to finish the nursery, get grandma there and find clothes to fit their tiny infant. Thanks to modern medical care, "preemies" who wouldn't have made it 30 years ago not only survive but thrive.

**"Some newborns as early as 22 weeks gestation may survive today,"** says L. Wayne Hess, M.D., maternal/fetal medicine specialist and chair of obstetrics/gynecology at Lehigh Valley Hospital and Health Network. "The vast majority born between 28 and 37 weeks do. These later preemies have only a slightly higher chance of serious health problems than full-term (40-week) infants."

Yvette Vanesko didn't know that when 33 weeks into her pregnancy, she began leaking amniotic fluid and her doctor sent her from her Pocono area home to Lehigh Valley Hospital. "I didn't know what it meant to be leaking fluid," she says. "I was afraid, not knowing what the outcome would be. But the nurses and doctors answered all my questions and reassured me everything would be okay."

Seven days later, little Stephen Vanesko came into the world. He was just over five weeks early and weighed a mere 5 1/2 pounds, but had no significant health problems. "He was a little jaundiced, which improved after a day or two," Vanesko says. "But his lungs were developed, he had no trouble breathing, and he went to the regular nursery. He was fantastic."



*You wouldn't know he was a preemie—At 6 months, Stephen Christopher Vanesko doesn't look like a baby who arrived just over five weeks early. His doting parents are Stephen and Yvette Vanesko of Harding.*

Respiratory distress is a big concern with premature infants because they don't always produce enough lung surfactant—a substance that keeps their lungs from collapsing when they breathe—until 34 weeks or beyond. If it looks as if a woman is going to deliver early, doctors can give her steroid shots that help the baby's lungs mature faster. If they're still not fully matured at birth, the lungs are treated with replacement surfactant to allow them to function properly.

**It's thanks to surfactants, Hess says, that so many more preemies survive today.** "Since the advent of this therapy, the survival rate has increased remarkably. In specialty hospitals like Lehigh Valley Hospital, the rate is up to 50 percent in infants born as early as 24 weeks," he says. "Very early babies do have a significant risk of problems with brain development compared to those born at 28 weeks or later."

The Vaneskos were fortunate to have their nursery set up and everything ready to go before Stephen was born. They had to make a last-minute search for extra-small baby clothes. But the toughest part of having a preemie for them was worrying about his future development and coping with his feeding schedule.

#### Mark Your Calendar

##### Pregnancy—Planning for the Unexpected

May 23

Class details on page 39

"Stephen ate every two-and-a-half to three hours around the clock for almost two months,"

Vanesko says. "By his four-month checkup, he weighed 14 1/2 pounds and our doctor was very pleased with his development. He said only a pediatrician would know he was born five weeks early." ●

**Want to Know More** about preparing for childbirth?

See classes on page 41.



*'Is that me, Mom?'—As his newborn photos show, Stephen was tiny at first. He made up for it by feeding every two-and-a-half to three hours around the clock.*

## Premature Labor—Are You at Risk?

Each year 8 to 12 percent of pregnant women in the United States go into premature labor. The cause is usually unknown (as it was for Yvette Vanesko), but some of the risk factors are:

- a previous pre-term delivery (this raises your risk by up to one-third)
- smoking
- drug/alcohol use
- age younger than 18 or older than 40
- history of sexually transmitted diseases

Uterine contractions sometimes can be stopped by drinking a lot of water and getting off your feet. When that doesn't work, doctors may give terbutaline, magnesium sulfate or other medications.

# It's All in Your Hands

**What you can do to prevent or treat repetitive stress syndrome, arthritis and injuries**

If you've ever jammed or nicked a finger, you know how even a small problem affects your hand function. But what do you do about conditions that don't heal so quickly?

## **Repetitive stress injury (carpal tunnel syndrome)**

One of the best-known repetitive stress injuries is carpal tunnel syndrome, an inflammation of the wrist from repeating the same action over a long period of time. Repetitive stress can affect any joint. Tendons and muscles swell, putting pressure on nerves and causing numbness, tingling, pain and loss of function. In the case of carpal tunnel, computer work is often the culprit, but other repetitive motions also can cause it: using hand-held power tools, playing racket sports, even knitting.

"You may be able to prevent carpal tunnel syndrome or relieve early symptoms by

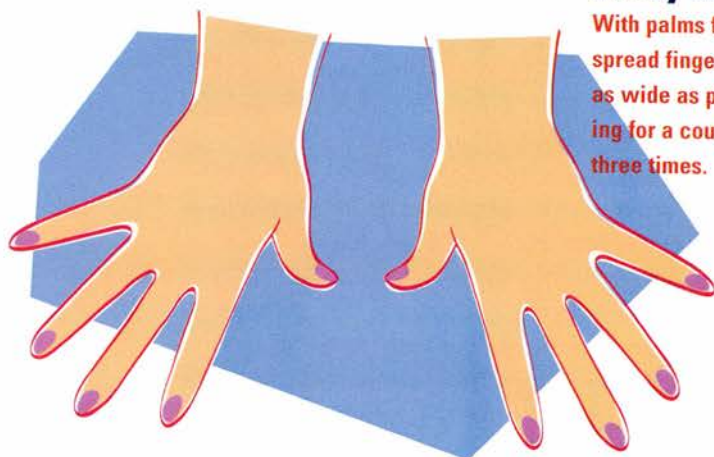
improving your posture or position at your desk and doing warm-up and stretching exercises," says Danette Missmer, hand therapist at Lehigh Valley Hospital—Muhlenberg. "Take a break, even for a minute, to stretch your hands. Vary your activity throughout the day. And wearing a splint at night helps by keeping the wrist straight while you sleep."

Before sports, Missmer says, proper training and conditioning are essential. "Work to build up the muscles involved, and use the correct grip for your golf club or tennis racket. Make sure your equipment fits your hand."

If the problem progresses too far, you may need surgery. "A carpal tunnel release is usually a same-day surgery," says Patrick McDaid, M.D., orthopedic surgeon at Lehigh Valley Hospital and Health Network. "You can get back to your daily routine and light-duty work almost immediately, and heavy-duty work in four to six weeks."

## **Handy Exercise #1**

**With palms facing the floor, spread fingers by stretching as wide as possible and holding for a count of five. Repeat three times.**



Illustrations by Jane Hollman



## Osteoarthritis

There's not much you can do to prevent arthritis (inflammation of the joints) in your hands. Aging and heredity are the main causes. But you can relieve the symptoms with warm paraffin wax dips, warm water soaks and splints to support the joint. "There are tools for people with arthritic hands," Missmer says. "Things like large-grip pens and kitchen utensils, door knob extenders and jar openers make tasks easier and reduce stress on the joints."

Arthritis often affects the joint at the base of the thumb, a joint that gets constant stress with years of use. This problem responds well to surgery, McDaid says. The procedure involves removing the affected bone and reconstructing the joint with a piece of tendon from the patient's wrist. "With therapy afterward and attention to proper use of the hands, there is a good record of recovery," he says.

## Accidents

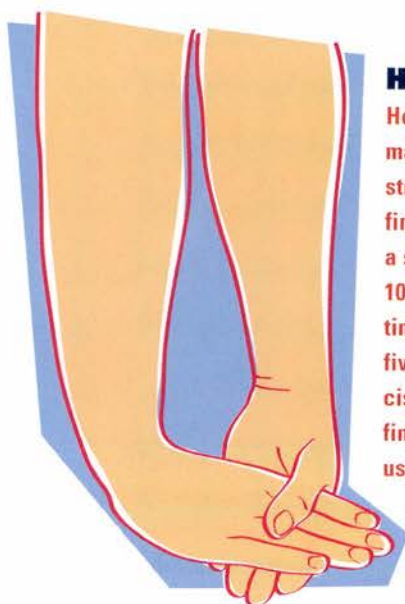
McDaid is not so optimistic about recovery from accidental injuries to the hand. "I do many surgeries on people who've injured their fingers using lawnmowers, snowblowers, power tools or heavy

industrial equipment," he says. "They almost never recover their full function."

People often forget that blades keep revolving for several seconds after the power is turned off. "No matter how experienced you are with a power tool," he says, "give your full attention to your work. One moment of distraction can result in a serious hand injury."

Don't delay getting medical care for any hand injury or condition, Missmer says: "Waiting until you can't stand the pain just means a longer recovery time or permanent damage." ●

**Want to Know More?** For a brochure on lawnmower and snowblower safety, or a free jar-gripper, call 610-402-CARE.



## Handy Exercise #2

Hold hands as shown, making sure to keep fingers straight. Bend the wrist and fingers upward until you feel a stretch and hold for 10 seconds. Repeat three times for each hand, three to five times a day. This exercise stretches the wrist and finger flexors, which are usually very tight.

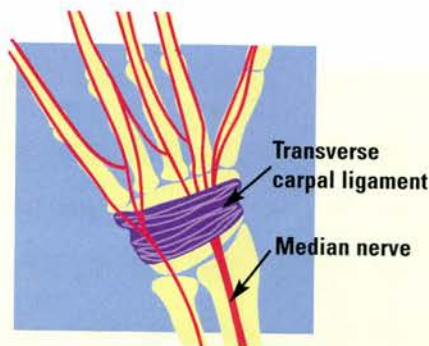
## A Massage for Your Hands

If you work at a keyboard all day, Lehigh Valley Hospital and Health Network's new program "Massage.com-puter" is for you. In 30 minutes of combined treatment and education, you get a hand, wrist and arm massage and learn stretching exercises to do at home or work. See *Massage Therapy* on page 39.

## Is It Really Carpal Tunnel Syndrome?

Carpal tunnel symptoms include tingling and numbness in the thumb, index and middle finger, pain in the wrist or forearm, and weakness of grip. "But don't assume you have carpal tunnel syndrome because you have some symptoms," says Lawrence Weiss, M.D., orthopedic surgeon at Lehigh Valley Hospital and Health Network. "Other conditions like tendonitis or arthritis may cause similar symptoms. A pinched nerve in an elbow or shoulder also can cause numbness in the hands. To know for sure, you need professional screening."

See page 38 for information on free carpal tunnel screenings.



Pinching or compression of the median nerve by the transverse carpal ligament sets in motion the disorder called carpal tunnel syndrome.



# EPILEPSY

Today's medications and other new treatments help most people with epilepsy live seizure-free

**I**t came as a shock to her college classmates when Mary\* collapsed one day, lost consciousness and began shaking all over. They didn't know she had epilepsy. Although Mary had been diagnosed with the disorder at age 14, medication allowed her to live seizure-free for five years. Recently, her doctor had tried taking her off the drug in the hope she'd outgrown her seizures. (She went back on medication and was fine.)

Mary is among 2 million people in the United States who have epilepsy, the diagnostic term used for recurring seizures, says neurologist John Margraf, M.D., of Lehigh Valley Hospital and Health Network. Seizures occur in all age groups. Those that begin in childhood often are controlled well by medication and may stop by adulthood. Some people, like Mary, may require medication lifelong.

"Seizures occur when there is a sudden change in the normal electrical activity in your brain cells, triggering a brief 'electrical storm' in the brain," Margraf says. This change in electrical activity may be the result of a head injury, stroke, tumor or illness such as meningitis, but most often the cause is unknown.

There are many different types of epileptic seizures, Margraf says:

- **Partial seizures** begin in a small area of the brain and cause uncontrolled shaking of an arm or leg, staring, memory loss or repetitive movement such as hand rubbing or lip smacking. Sometimes partial seizures spread to both sides of the brain and create more serious symptoms.

- **Primary generalized** seizures affect the whole brain. At the mild end of the spectrum are *petit mal seizures*, a common type in children that includes staring, subtle body movement and brief lapses of awareness. *Grand mal seizures* are the most intense type, resulting in loss of consciousness and convulsions.

*\*Mary is a fictional character based on the experience of a real person.*



# the Brain's 'Electrical Storm'

## Today's treatment options

About 70 percent of people with epilepsy control their seizures well by taking a medication, Margraf says. For others, a combination of drugs is required. Side effects may include dizziness and confusion, but new medications give doctors more choices to help limit these effects.

In some cases, seizures can be controlled with surgery or a new treatment called vagus nerve stimulation, says P. Mark Li, M.D., chief of neurosurgery at Lehigh Valley Hospital and Health Network. Surgery is an option when seizures begin in one specific area in the side or front regions of the brain. Surgeons remove this area and eliminate the seizures, although medication still may be necessary.

"For people who are not candidates for this surgery and do not respond well to medication, vagus nerve stimulation is a new alternative," Li says. "It reduces seizures in 30 to 50 percent of patients and often improves a person's overall feeling of well-being."

Surgeons implant a small generator similar to a cardiac pacemaker in the upper left side of the chest, running a connecting wire under the skin to the vagus nerve in the left side of the neck. The wire carries impulses 24 hours a day that stimulate the nerve at regular intervals, inhibiting seizures. People who feel some sense of warning (or "aura") before a seizure often can stop the seizure by activating the stimulator, Li says. ●

### Want to Know More?

For a question-and-answer sheet on epilepsy, call 610-402-CARE.

*How epilepsy affects the brain—Neurosurgeon P. Mark Li, M.D., demonstrates with an anatomical model. Li pioneered a procedure called vagus nerve stimulation, which he now performs at Lehigh Valley Hospital.*



## When Someone Has a Seizure

The vast majority of seizures stop safely and naturally in a minute or two. However, you can help the person by following these guidelines:

- If he collapses to the floor, position him on his side to prevent food or fluids being breathed into the lungs.
- Don't put anything in his mouth. People having seizures do not swallow their tongue.
- If he is sitting upright, make sure his head is supported and protected.
- If the seizure doesn't stop in several minutes, call 911.



# Is It Really a Yeast Infection?

Studies show that many women self-diagnose and self-treat. That can be risky!

**W**ith the array of over-the-counter products now available for vaginal yeast infections, you may be tempted to diagnose and treat the problem yourself. A national survey showed that 43

percent of women do just that. But they're taking a risk, says nurse practitioner Wendy Grube of the Health Center at Trexlertown. Even if you know the symptoms of yeast infection (and 20 percent of women don't), it's easy to misidentify them.

*Candida albicans*, the fungus that usually causes yeast infections, can be a normal part of the vagina's "ecosystem," Grube says. "The problem arises when the system gets out of balance and fungi overgrow." That can happen when you're pregnant, on antibiotics or steroids, or if you have diabetes. Persistent yeast infections often are a first symptom of adult-onset diabetes.

"Most women automatically think 'yeast' when they have *any* vaginal symptoms," Grube says, "but there are many other possible causes." For example, pain with urination can be due to herpes or bladder infection. And vaginal discharge can be due to trichomoniasis or bacterial vaginosis. "Vaginosis is much more common than yeast infection and potentially more serious, since it appears to increase the risk of uterine infection and HIV transmission," Grube says.

Complicating matters even further, you can have more than one infection at a time. What to do? Grube advises:

- **See your doctor or nurse practitioner**, especially if it's a first infection or different from previous ones. "The only sure way to diagnose is using a microscope or obtaining a culture."
- **If you're sure it's yeast, an over-the-counter product may solve the problem.** "But if you're not better after completing the treatment, call your doctor or practitioner. You may have a different type of *candida* that requires special treatment."

- **Avoid routine douching.** It won't clear up an infection and can disrupt the normal environment of the vagina. ●

**Want to Know More** about vaginal symptoms and what they mean? Call 610-402-CARE or visit [www.lvh.org/healthyyou](http://www.lvh.org/healthyyou).

## Symptoms of a Yeast Infection

- Vaginal itching and burning
- Thick, clumpy, whitish vaginal discharge
- Dryness or burning with intercourse
- Pain or discomfort with urination

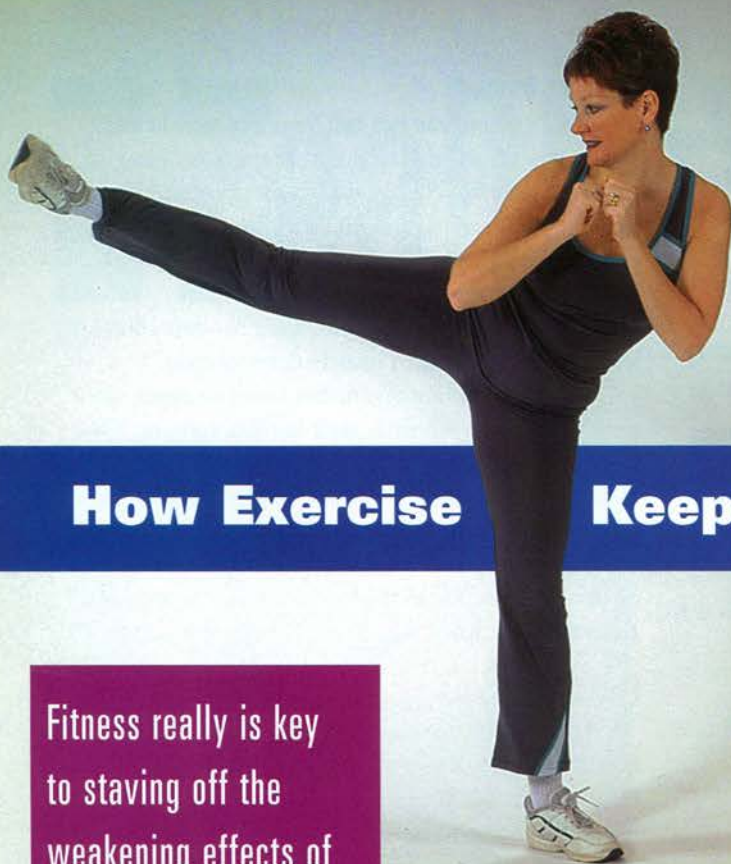
### Mark Your Calendar

#### Is It Really a Yeast Infection?

June 12

Class details on page 40





## How Exercise Keeps You Young

Fitness really is key to staving off the weakening effects of age—so get moving!

**C**oncerned about brittle bones, aches and pains,

**weakened muscles and fatigue as you age?** You don't need to be. Although women can lose up to one-half their bone strength and men one-third of their muscle strength after age 35, the fact is that a regular exercise program will stop that deterioration in its tracks.

"Exercise is a sure way to recapture your youthfulness and usefulness," says Greg Salem, director of Healthy You programs and Youthful You Institute. "A mix of aerobics, strengthening and stretching will keep you physically fit and mentally sharp."

### Aerobics

**Whether you're jogging, swimming or cycling, aerobic exercise builds endurance.** The second you start biking, for example, you expend up to 20 times more energy than at rest, forcing your heart and lungs to work harder and bring oxygen to your muscles more efficiently.

The result: regular exercise can cut your heart disease risk in half. "Your blood pressure goes down and your 'good' cholesterol, or HDL, goes up," says Bruce Ellsweig, M.D., family practice physician at Lehigh Valley Hospital and Health Network.

Aerobic exercise also improves your well-being. Ellsweig often prescribes exercise to ease mild depression. "Running or jogging alters your brain chemistry by releasing endorphins," he says. "That improves your mood and helps burn off adrenaline so you sleep better at night." Research shows your mind will benefit in the long run, too, thanks to the increased self-esteem that comes with staying fit.



*Exercise comes in all forms—For Holly Tavianini of Center Valley (large photo), cardio kickboxing is what gives her a kick, both for conditioning and preparation for other sports. Other local folks stay young (small photos, top to bottom) through weightlifting (Russel Rudakiewicz, Macungie); aqua aerobics (Kim Murphy, Allentown) and running (George Strawn, Riegelsville).*

*Continued on page 18*



## Finding Your Target Heart Rate

How hard a workout does a beginning exerciser need? Bruce Ellsweig, M.D., recommends that you take your pulse for one minute while resting, then check this chart to find the target pulse you should maintain for 20 minutes of physical activity. Check with your doctor to make sure it's the right target pulse for you.

Resting Pulse (beats per minute)	Target Pulse (beats per minute)
60	90
65	98
70	105
75	113
80	120
85	128
90	135
95	143
100	150



*Practicing yoga helps Amber Miller and Christopher Lehman of Emmaus stay strong and limber.*

## Strength training

**Here's where you can halt bone and muscle loss.**

When you lift weights or do other types of strength training, your muscles constantly contract and stretch, making them grow larger and stronger. "Muscles grow differently from person to person," Salem says. "You may not wind up looking like Arnold Schwarzenegger—you may not want to—but you will prevent age-related muscle deterioration."

Strength training also makes bones stronger, since pushing on them increases their mineral content. This helps ward off osteoporosis. In one study, women age 50 to 70 who did two 45-minute weightlifting sessions a week increased their bone mass by 1 percent in a year, while non-exercisers lost up to 2.5 percent. "Exercise is especially important in the two years after menopause," Ellsweig says, "when 75 percent of bone loss occurs."

## Stretching

**Look at someone who does yoga, tai chi or another type of stretching exercise and you're likely to see a flexible body with beautiful posture.** "Stretching lengthens your muscles and keeps your joints strong," Salem says. "This promotes balance. Healthy joints also are key to staying limber throughout life."

Most stretching activities include focused breathing control, which ultimately leads to a better mental outlook. "When you slow your body down, you also slow your mind," Salem says. "That relaxes you, puts you in greater control and gives you a feeling of power and mental clarity."

## Ready to get started?

Research on women in their 80s shows that weightlifting improves their strength and agility. "You can get the anti-aging benefits of exercise no matter what age you begin," Salem says. Here's how to start:

- **Get a complete physical**—It will help you determine your fitness starting point. If you're over 40, Salem recommends a treadmill stress test as an indicator of what level of exercise your body can handle.
- **Find a buddy or coach**—You'll learn proper technique in a group led by a licensed exercise trainer, and working out with friends will help you stay motivated. ●

**Want to Know More?** All Healthy You exercise courses are designed by credentialed professionals. Think of them as your personal exercise "coach." For a complete listing of exercise classes, see pages 36-38. For a past *Healthy You* story on strength training, call 610-402-CARE.



# Heart of Healthy You

Lehigh Valley Hospital and Health Network



Illustrations by Simon Shaw

**Making Heart-Smart  
Lifestyle Changes**

This new section of *Healthy You* is all about you and your heart—what you should know and even more important, what you can do to prevent heart disease and make the most of your health.

**A Woman's Heart**



**Why You Should  
Know CPR**

 **REGIONAL**  
The **HEART**  
CENTER





## New Findings About 'A'

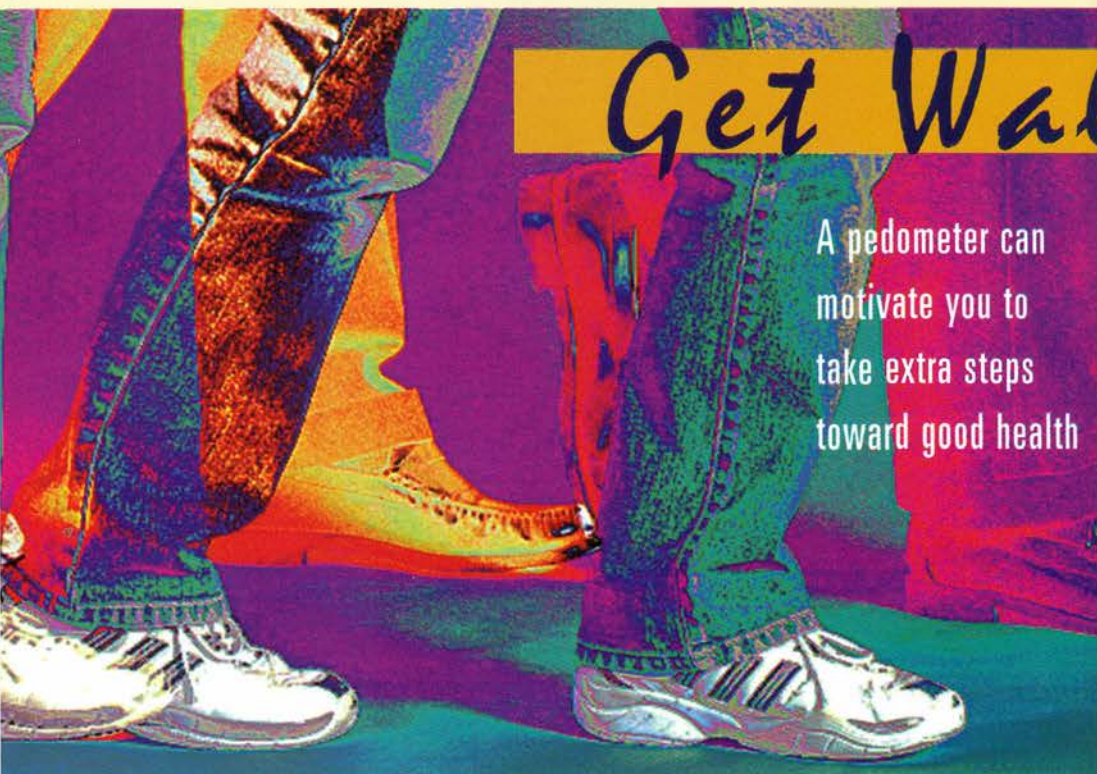
"For many years, aspirin has been the cornerstone of blood-thinning treatment for people with heart disease," says cardiologist Eugene Ordway, M.D., of Lehigh Valley Hospital and Health Network. "But new research has given us better knowledge about who can benefit from taking aspirin and what dose he or she needs."

The Oxford University

study, released earlier this year, shows that:

- **The best dose is baby-sized:** 80 to 160 milligrams may be as good as 325, but you should ask your doctor which dose is right for you. The benefit of the lower dose is there's less chance of internal bleeding.

- **More people could benefit:** Aspirin helps not only those who've *had* a heart attack or stroke, but also those at *risk*



## Get Walking

A pedometer can motivate you to take extra steps toward good health

### Walking is a great strategy for fitness and health.

It's proven heart-healthy, it's low-impact to protect your joints, and it's easy to do. But how far, how fast and how often should you walk? And how do you keep track of your distance?

The answers depend on your condition and your goals, says internist Zubina Mawji, M.D., of Lehigh Valley Hospital and Health

Network. "If your goal is to lose weight, walking may be just one of many strategies," she says. "On the other hand, if you want to go from a sedentary to a non-sedentary lifestyle, you'll need to start more slowly."

For cardiovascular benefit, the ultimate goal is five 30-minute walks a week at about 4 to 5 miles per

hour. But take your time getting there, Mawji says. "Start with 20-minute walks three times a week and build up gradually, especially if you're older. The first time out, don't push so hard that you're in pain or feeling winded afterward."

When it comes to

distance, consider a pedometer, says Amy

Mark Your Calendar

**Get Walking!**

June 17; June 25

Class details on page 36



# Aspirin a Day'

due to conditions like diabetes, irregular heartbeat and poor circulation in the legs.

Aspirin treatment has been shown to reduce heart attack and stroke risk by 25 percent. Unfortunately, fewer than half the high-risk people who would benefit from it actually receive it. "If you're healthy, you shouldn't take aspirin to prevent heart trouble," Ordway says. "But if there are reasons to consider yourself at risk, talk to your doctor about this simple, low-cost and effective therapy."

# king!

Virus, coordinator of Lehigh Valley Hospital's new pedometer-based Get Walking! course. "You strap the little meter on your waist and it counts your footsteps," she says. "Wear it all day or just for your walking workouts. It's a great tool for setting goals and staying motivated—and you see the fruits of your labor, so you can't lie to yourself!"

In Get Walking!, Virus advises beginners to set realistic goals based on their current activity level, then add 500 to 1,000 steps daily to reach an ultimate target of 10,000 steps a day (about five miles). "That's not as hard as it may sound," Virus says. "It's amazing how those footsteps add up when you start adding little walks to your everyday life."

You can get a basic pedometer, one that simply counts your steps, for about \$26. More advanced models count distance, estimate calories burned

and stride length, and may include timers and speed estimators. ●

**Want to Know More?** To register for Get Walking!, see page 36 or call 610-402-CARE.



## Inside Lehigh Valley Hospital's Regional Heart Center

### ■ Open heart surgery now available at Muhlenberg

Bethlehem-area residents who need open heart surgery can have the operation closer to home now. In June 2002, Lehigh Valley Hospital—Muhlenberg begins offering the procedure.

### ■ Lasers the latest tools for opening blocked arteries

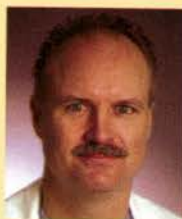
Cardiologists at Lehigh Valley Hospital—Cedar Crest and I-78 have added the laser to their arsenal for fighting heart disease. They're using the tiny, powerful light source to remove fatty deposits in arteries.

### ■ Three new surgeons join staff

With this addition, The Regional Heart Center staff of cardio-thoracic (heart/lung) surgeons now totals seven, the largest in the Lehigh Valley. The new surgeons are:



• **Fernando Garzia, M.D.**, associate chief of cardio-thoracic surgery at Lehigh Valley Hospital—Muhlenberg. Garzia is one of the most experienced cardio-thoracic surgeons in Bethlehem and Northampton County.



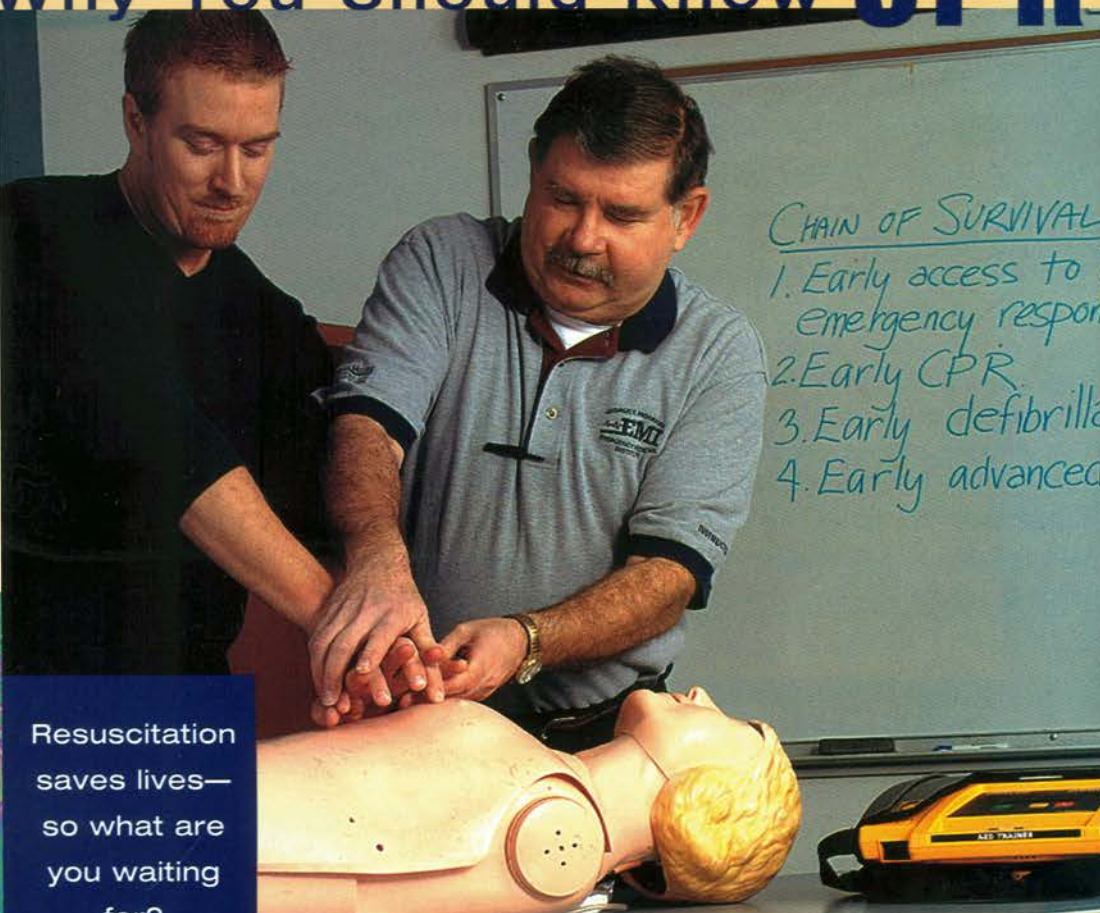
• **Gary Szydlowski, M.D.**, associate chief of cardio-thoracic surgery at Lehigh Valley Hospital—Cedar Crest and I-78. He was previously on the faculty of Allegheny University of the Health Sciences, Pittsburgh.



• **James Wu, M.D.**, comes to the Lehigh Valley from the renowned Cleveland Clinic.



# Why You Should Know CPR



Resuscitation  
saves lives—  
so what are  
you waiting  
for?

***Learning the technique**—Chris Bolton of Allentown (left) practices chest compressions under the watchful eye of Bob Kline, a CPR instructor for more than 25 years, currently with Lehigh Valley Hospital's Emergency Medicine Institute.*

**If someone close to you complained of chest pain, then collapsed and stopped breathing, would you know what to do?** You would if you'd taken a course in CPR (cardiopulmonary resuscitation). This lifesaving technique teaches you to identify and respond to cardiac arrest and other life-threatening conditions until help arrives.

Cardiac arrest can occur during a heart attack when an artery of the heart is blocked, depriving it of blood and oxygen. The heart then quivers, a condition called ventricular fibrillation that causes death in six to 10 minutes unless the heart receives CPR and/or an electrical shock. Ventricular fibrillation kills about 250,000 Americans each year, usually in the home, business or a public place, says Kevin Correll, community program director of the American Heart Association's Lehigh Valley chapter.

"The national survival rate for cardiac arrest is just 5 percent," Correll says. "But it improves dramatically in places where people are trained in CPR or automated external

defibrillators (AED) are readily available."

CPR combines mouth-to-mouth breathing with chest compression. "The purpose is to supply oxygen until more advanced help arrives, extending the patient's ability to survive," says William Zajdel, D.O., medical director of AED at Lehigh Valley Hospital and Health Network. "Every minute without CPR or defibrillation decreases the chance of survival by 8 to 10 percent."

## What's a Defibrillator?

Automated external defibrillators (AEDs) are portable devices used to shock the heart back to a normal rhythm. They're attached with two adhesive pads and can analyze the heart's electrical activity to determine if a shock is needed. AEDs are carried by emergency medical technicians and in many fire and police vehicles. Now, more and more malls, airports and other public places are making this vital service available.



## CPR and the 'Chain of Survival'

CPR is an essential link in the American Heart Association's Chain of Survival, says Kevin Correll. You need to be aware of all four links in this lifesaving chain:

**1** You **phone 911** for emergency response.

**2** You **apply CPR** to sustain life.

**3** Trained rescuers use an **automated external defibrillator** to restore heart rhythm.

**4** Health care professionals provide **advanced care**.

If you haven't learned CPR, you can take any of a variety of courses on how to rescue adults, children or infants. They're offered throughout the community, and advanced training is available for health professionals. The basic adult course takes just a few hours, including video instruction and hands-on teaching with a mannequin. You also learn how to help someone who is choking. After passing a short written test, you're certified—and you'll only need a brief refresher course every two years.

Along with your certification card you'll get a face shield, a thin, ventilated plastic barrier to lay over the victim's mouth before giving rescue breaths. "Although CPR carries almost no risk of infection with HIV or hepatitis, many people feel better about helping a stranger if they can use a shield," Zajdel says.

**Want to Know More?** To sign up for a CPR class, see the schedule on page 43 or call 610-402-CARE.

## Heart Health in the News



**It's not just *what* you eat but *how***

**S**pread your daily food intake into more frequent, smaller meals and you may do your heart a favor, according to a recent study in the *British Medical Journal*. Men and women who ate six or more times a day had 5 percent lower cholesterol, significantly reducing their risk of heart disease. The study involved 45- to 75-year-olds.

**Do you have 'metabolic syndrome'?**

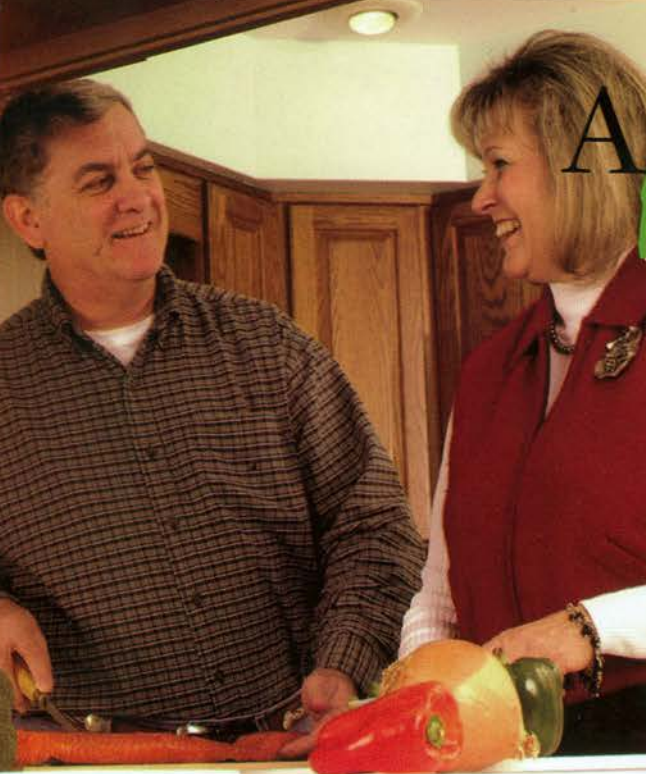
**T**hat's the name for a cluster of health problems including excess abdominal fat ("beer belly") and high blood pressure, cholesterol and blood sugar—and 47 million Americans now have it, according to the U.S. Centers for Disease Control and Prevention. Metabolic syndrome greatly increases your risk of diabetes, heart attack and stroke. The good news is that lifestyle plays a major role. Make changes and you'll see big rewards.

**Want to Know More** about whether you have metabolic syndrome? Call 610-402-CARE.

**Exciting research on coated stents**

**A**fter an artery is opened with angioplasty, doctors may insert a tiny mesh tube called a stent to hold the vessel open—but scar tissue often causes reblockage. Researchers are studying stents coated with a chemotherapy drug to prevent regrowth, and the early results are extremely good. Lehigh Valley Hospital is one of the centers in the TAXUS IV study. If you're interested in learning more, call 610-402-CARE.





# A Woman *It's time to*

to keep her motivated. She enlisted her husband in a new, lighter approach to cooking. And she de-stressed with meditation, more church involvement, and a study of “integrative” (western and eastern) medicine. Reluctantly, she also started blood pressure and cholesterol drugs. “I had to admit you can’t do it all with lifestyle when heart disease is in your genetic makeup,” she says.

Unlike most women, Derhammer paid attention to her heart before a crisis happened. She was able to change her life because she knew these key facts:

## **Women do have heart attacks—**

and die of them more often than men. “Two out of three women name breast cancer as their biggest health fear, but they’re 10 times more likely to die of heart disease,” says cardiologist Deborah Sundlof, D.O., of Lehigh Valley Hospital and Health Network. “One of the reasons is that they don’t recognize the symptoms and seek treatment promptly. Some women think, ‘It can’t happen to me,’ others are too embarrassed or ‘busy’ to go to the emergency room. The longer they wait, the higher the chance of permanent damage.”

**Heart attack symptoms are different in women.** The classic male symptom is chest pain that comes on with exertion. Women are less likely

to have chest pain and more likely to have nausea, vomiting, neck and shoulder pain, or shortness

**Salmon is a favorite**—The heart-healthy fish is part of a diet overhaul Fran and Bill Derhammer made. The Allentown couple discovered they enjoy “cooking light” together.

**Don’t wait  
until a crisis  
strikes; heart  
disease is  
largely  
preventable!**

**A**s a health professional, Fran Derhammer, R.N., was ahead of most women in her knowledge of heart disease. But the 54-year-old community outreach manager at Lehigh Valley Hospital and Health Network didn’t really take that knowledge “to heart” until recently.

“Because of all the heart disease in my family, I got regular screenings and tried to lead a healthy life,” she says. Two years ago, however, things came to a head: her blood pressure was creeping up, her cholesterol was high, and her periodic dieting and exercising weren’t getting the extra weight off.

Derhammer took charge. She revved up her fitness routine by running with a group

## **Mark Your Calendar**

### **Emotional Impact of Heart Disease in Women**

June 19

Class details on page 40

## **Pilates® for stress relief—**

Fran Derhammer learned the practice, which combines posture and breathing exercises, from her daughter, a Pilates (pronounced puh-LA-tees) instructor.





# Heart— *take charge*

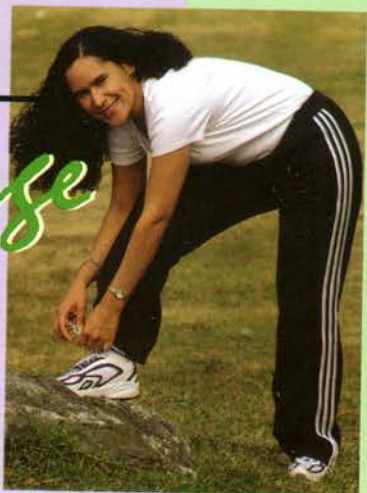
of breath. When they do have heart-related chest pain, Sundlof says, emotional stress may be more likely to bring it on.

**You're not exempt just because you're young.** It's true that before menopause, estrogen may protect women against early heart disease, says D. Lynn Morris, M.D., chief of cardiology at Lehigh Valley Hospital and Health Network. "But it doesn't eliminate your risk. You lose estrogen's protective effect if you have uncontrolled diabetes or high blood pressure, obesity, a family history of heart disease, or if you smoke even a couple of cigarettes a day."

**Heart disease is largely preventable.** While some heart disease risks, like family history, are beyond your control, lifestyle clearly plays a major role. If you exercise regularly, eat a heart-healthy diet, avoid smoking, and keep your weight, cholesterol and blood pressure under control, you'll reduce your risk significantly.

That's exactly what Fran Derhammer and others like her (see photos) are doing—and it hasn't been easy. "Until recently, there's been a real lack of awareness about women and heart disease, not only in the public but within the medical field," Derhammer says. "That's changing now, but I still urge all women to be their own advocate. Be aggressive in tackling your risk factors and getting treatment. You owe it to your family and to yourself." ●

**Want to Know More** about the key questions to ask your doctor about heart health? Call 610-402-CARE. Also, see *Passport to Heart Health*, next page.



**How Nydia Figueroa takes charge**—The 33-year old mother of two from Whitehall took a hard look at her family history of heart disease and decided that she wanted to do all she could to avoid falling into the same pattern. Those fried foods her mom loves? Nydia says "no" to them. She also laces up her walking shoes and gets out every day, during her lunch break at work or around the neighborhood on weekends.

## What You Can (and Should!) Do for Your Heart

- **Choose your doctor with care.** "Be sure he or she knows the difference in symptoms, diagnosis and treatment of heart disease in men and women," D. Lynn Morris, M.D., cardiologist, says. A good doctor will bring up the issue of heart health.

- **Know your "numbers."** Years before her doctor raised the subject, Fran Derhammer got regular cholesterol and blood pressure tests and tracked them over time. "It's also important," Morris says, "to know your body-mass index (BMI), which is closely linked to heart disease risk."

- **Make sure you and your family take symptoms seriously.** "Don't be afraid to say, 'I think I'm having a heart attack,'" Deborah Sundlof, D.O., cardiologist, says. "And don't delay getting medical care, even if you (or someone acting for you) have to insist on it."

- **Adjust your lifestyle.** Do whatever it takes to motivate yourself to make needed changes. Your life may depend on it!

### How Sandra Cline takes charge—

Thanks to an exercise "prescription" from cardiologist Deborah Sundlof, D.O., the 63-year-old Easton school secretary has addressed her fatigue, high blood pressure and elevated cholesterol. "I'm too young to go downhill!" she says. Medication is part of the plan, but Cline says her early morning walks each day make the biggest difference. Here, she walks with her grandchildren.





# Why Lehigh Valley Hospital is the right place for YOUR heart care ...

Now, the region's first and largest cardiac program can serve all of your heart-care needs even better. We're expanding our facilities and adding state-of-the-art technology in two convenient locations: Lehigh Valley Hospital—Cedar Crest and I-78 (Allentown) and Lehigh Valley Hospital—Muhlenberg (Route 22 and Schoenersville Road, Bethlehem). If you or someone you love needs expert heart care, you'll find it here.

## ■ Prevention and Wellness

- Free Passport to Women's Heart Health
- Classes in nutrition, fitness and stress reduction
- Modern fitness facilities
- Screenings for cholesterol, blood pressure

## ■ Diagnostic Services

- Electrocardiograms
- Portable heart/blood pressure monitoring
- Exercise/stress testing
- Nuclear cardiac studies
- Echocardiograms
- Peripheral vascular studies

## ■ Diagnostic/Treatment Services

- Cardiac catheterization
- Angioplasty/stenting/atherectomy
- Brachytherapy
- Electrophysiology
- Heart rhythm studies
- Ablation
- Pacemaker/defibrillator implantation
- Tilt-table testing

## ■ Surgical Services

- Open heart surgery (bypass, valve)
- Beating heart surgery
- Minimally invasive heart surgery
- Diabetic heart surgery program
- No-transfusion option (bloodless surgery)
- Post-surgical home visit

## ■ Support for Patients and Families

- Specialized inpatient units with experienced, caring cardiac nurses
- Cardiac rehabilitation, in-hospital and at two convenient outpatient locations



## Women — Here's Your Passport to Heart Health

Did you know that heart disease is the #1 cause of death in women? (See "A Woman's Heart," page 24.) Now there's a new way to track your heart health, set goals and be eligible for prizes: the Spirit of Women 2002 Passport to Heart Health. You get a fact-filled little booklet including space to track your own risk factors over time. And when you attend heart-healthy events or create healthy habits, you're eligible for monthly prize drawings. **For your free Passport, call 610-402-CARE.** And check our class schedule for classes designated as heart-healthy (see pages 33-44).

**LEHIGH VALLEY**

HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
**610-402-CARE**  
**888-LVN-CARE**



Attention, all readers age 50 and over...these pages are designed for you!

# Vitality

## PLUS

Vitality Plus is a program of  
Lehigh Valley Hospital and Health Network in  
partnership with participating physicians



### 'Boning up' on their bone health—

Audrey Kline of Allentown (left) and her daughter, Lisa Mastroianni of Macungie, have fun at the Health Center at Trexlertown; they're demonstrating the importance of strength training in preventing osteoporosis.

### Look inside for information about:

- Parenting Grown Children
- 'Too Old' for Sex?
- Macular Degeneration

### Mark Your Calendar

**Free Osteoporosis  
Screening**

May 22

Details on page 34



# Parenting Grown

It's always been  
a challenge, and  
never more so  
than today

## **Multigeneration parenting—**

*Therapist Pat Gordy  
(right) of Muhlenberg  
Behavioral Health  
enjoys a visit with her  
daughter, Rebekah  
Gordy of New York  
City, and her mother,  
Margaret Leonard of  
Bethlehem.*



**H**e's 30 years old with a wife, house and job—in short, he's a grown-up. But he's also your son, and he's about to make a really bad decision. Do you chew him out? Offer advice? Or stand back and let him handle it?

Shifting from a parent-child to adult-adult relationship is one of the major challenges in parenting grown children, says Tom Miller, director of Adult Transitions at Lehigh Valley Hospital and Health Network. Miller should know. He has a blended family of eight offspring ranging in age from 21 to 31. "The transition is easier in some families than others," he says, "Of course, it also reflects how you related to your children all those years up to now."

The balancing act between dependence and independence begins when your children are toddlers, and never really ends. But it does evolve over time, says therapist Pat Gordy of Muhlenberg Behavioral Health. "Young adults in their 20s often need money and shelter—the proverbial 'revolving door,'" she says. "By midlife they're much more independent, but may need your help through a crisis like divorce or job loss. Then, as parents age, the pendulum shifts and you grow more dependent."

There's also the matter of generational differences. Even the closest parent and child have inherent conflicts stemming from the era in which they grew up. Gordy points to a man from the thrifty World War II generation who loved his children but worried about their freer-spending Baby Boomer values. He put his

money in a trust to ensure proper health care for his future heirs.

Money—the earning, spending, giving and inheriting of it—has always been a flashpoint between parents and grown children. So have things like grandparenting and how much togetherness is too much. But there are new strains today. For example, how do you bridge the distance when your children do not live down the block, but in another country? And how do you adapt to multi-ethnic or unmarried partners, as our nation redefines the very concept of "family"?



# Children

Here's what successful parents like Miller and Gordy suggest:

■ **Let go of expectations.** So the son you pictured as president is a struggling rock musician, and the daughter you hoped would give you grandchildren is staying single. "Accept and love them for who they are," Miller says.

■ **Have your own life.** Your social and support networks may include your children, but shouldn't focus on them. "Don't automatically plan to move in with them in your old age," Gordy says. "Explore alternatives so you'll have a range of options when the time comes."

■ **Share yourself.** "When parents are open about their feelings and experiences, children benefit," Miller says. "Sharing the trials and self-doubts you went through shows them that success is never simple—and that you're a more complex, interesting person than they may have realized."

■ **Be fair.** Whether you lavish money on them or believe they should earn it all themselves, treat your children as equally as you can. If one needs extra help, explain to the others. "Friction is less likely," Miller says, "if they can see you're trying to be fair."

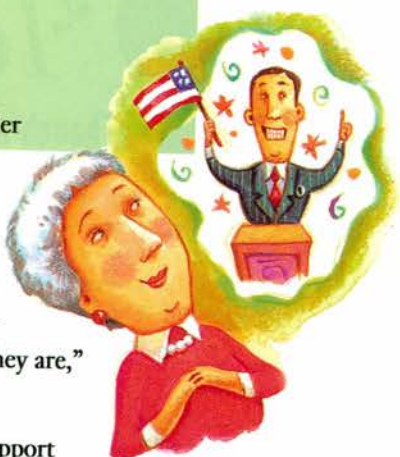
■ **Resist being the expert.** "My son knows way more than I do about certain things, and I'm fine with that," Miller says. "Parents who always have to be right rob themselves of learning opportunities."

■ **Be willing to listen.** If you're like most parents, you tend to advise or problem-solve when your child just wants to be heard.

■ **Knit the family together.** "Reach out to the new daughter-in-law," Miller says. "Encourage your children to support each other. Work to create an atmosphere in which your children can remain lifelong friends."

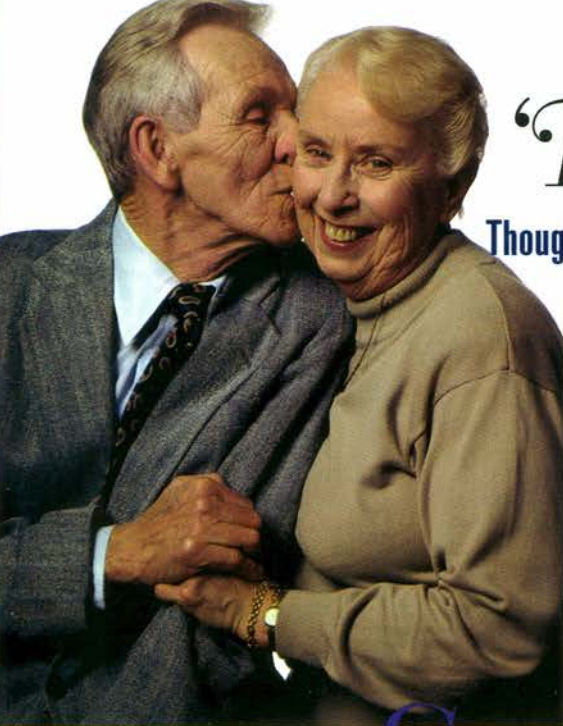
■ **Above all, show them you care.** As Gordy points out, "Children never outgrow the need for their parents' love." ●

**Want to Know More** about the differences in values from generation to generation? Call 610-402-CARE.



Illustrations by Lucy Corvin





# 'Too Old' for

Though age does bring changes, there's no re

People are living longer and living better today. At the same time, there's a growing openness about sexuality and sexual health—and a realization that, while the years do bring changes, you're never too old for a close and satisfying physical relationship. Here's what you should know...

## *Sexuality and the Older Woman*

There's no "normal" level of sexual desire for a woman before or after menopause, says Marisa Mastropietro, M.D., urogynecologist at Lehigh Valley Hospital and Health Network. It's highly individual. But there are midlife physical changes that can affect desire.

"The drop in estrogen after menopause causes the vagina to become drier and less elastic," Mastropietro says. "This can make intercourse uncomfortable. There is also a drop in testosterone, the hormone that drives sexual desire. And if you have hot flashes, night sweats or sleep disturbances with menopause, you may feel too tired for sex."

For various reasons including childbearing, some older women experience weakening of the vaginal walls and widening of the opening. They may avoid intimacy because of decreased sensation or concern about further damage.

Aging also brings a higher risk of general health problems like arthritis and heart disease that can affect sexual activity. Then there are the lifestyle changes of midlife, such as empty nest, job stress or early retirement—not to mention graying hair and drooping breasts that can make a 50-something woman in a youth-obsessed society feel downright undesirable.

For many women, hormone replacement therapy (HRT) helps. "It restores vaginal lubrication," Mastropietro says, "and in time, sexual responsiveness. If you can't or prefer not to take HRT, there are vaginal creams, rings or dissolving tablets that provide hormone where it's needed." These prescription products actually restore vaginal tissue; over-the-counter products like Replens simply lubricate.

Don't overlook the impact of an overall healthy lifestyle on sexuality: diet, exercise and quitting smoking can make a big difference. And don't think you're being "selfish" for wanting sexual fulfillment. "Women often put themselves second out of embarrass-



# Sex?

o believe in that myth!

ment or inhibition,” Mastropietro says. “Talk it over with your partner and your doctor. It may take only a simple treatment to bring back the pleasure—and there’s no reason why sexuality can’t blossom at any age.”

## *Sexuality and the Older Man*

Men don’t face a hormone shift as dramatic as a woman’s menopause, but there is a midlife change in sexuality all the same. After age 40, they gradually produce less testosterone, the male hormone responsible for energy and sexual drive. This slow change can be profound enough that it’s sometimes called “male menopause.”

“Lower testosterone reduces a man’s energy, muscle and bone mass, appetite and general well-being,” says John Jaffe, M.D., Lehigh Valley Hospital and Health Network urologist. “The urge to have sex declines, erections take longer and ejaculations are weaker. But these changes, including your risk of erectile dysfunction, vary greatly depending on overall health.”

Erectile dysfunction (the inability to achieve and maintain an erection) affects 30 million American men. But lower testosterone production alone shouldn’t cause it. An erection depends mainly on adequate blood flow to the penis, so anything that constricts blood flow can affect the erection, Jaffe says. The leading cause of erectile dysfunction is hardening of the arteries. Other common causes are diabetes, high blood pressure, medications such as antidepressants, and prostate surgery. Smoking, heavy alcohol use and obesity also contribute.

To maintain good sexual health, Jaffe recommends that men exercise regularly, eat a healthy diet, stay away from tobacco products and drink only in moderation. “If you’re physically fit, you’ll feel better and have fewer erection problems as you age,” he says. “It’s perfectly possible to be sexually active well into your 80s.”

Men who do have problems should know that the condition is treatable, Jaffe says. The first step is to talk with your doctor about lifestyle and medication changes. If necessary, the doctor may prescribe Viagra, the medication that increases blood flow to the penis. It has proven effective in more than 2 million men. ●

**Want to Know More?** If you have medical questions about sexuality and aging, call one of our nurses at 610-402-CARE for confidential information or referral to a specialist.

Don’t overlook the impact of an overall healthy lifestyle on sexuality...



**Mark Your Calendar**

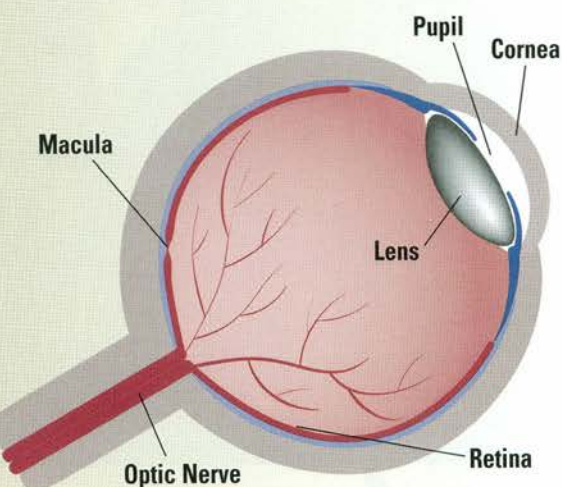
**Sexuality and Aging**

June 25

Class details on page 33

# Macular Degeneration

Early detection is the key to preserving your vision



**Macular degeneration harms the focal part of the retina.**

You can read the newspaper, thread a needle or watch television thanks to an area in the back of your eye called the macula. It gives you your “straight-ahead” central vision and allows you to see details clearly. But over time, the cells in the macula can break down, resulting in blurriness and dark spots. It’s a condition called age-related macular degeneration (AMD).

One in three people over age 75 suffers from AMD, though it can show up as early as age 50. You’re at higher risk if you are a woman, Caucasian, blue-eyed,

extremely farsighted, a smoker, or if you have a family history of AMD.

While you can’t control most of those risk factors, you can choose not to smoke—and that’s a major factor in keeping AMD from getting worse, says ophthalmologist Masayuki Kazahaya, M.D., of Lehigh Valley Hospital and Health Network.

Macular degeneration comes in two types:

- **Wet AMD** accounts for only 10 percent of cases but is responsible for most AMD-related vision loss. It is the result of abnormal blood vessels forming in the eye and damaging the macula.

- **Dry AMD** is caused by the breakdown of cells in the macula. It progresses slowly and is less likely to cause vision loss, but can change to wet AMD.

AMD usually is detected in a routine eye exam. While there is no cure, laser treatments and nutritional supplements can slow the progression of the disease and reduce the risk of vision loss. The best bet for maintaining your eyesight, Kazahaya says, is early intervention.

“Once vision is impaired it can’t be restored,” he says, “so it’s vital to watch your vision and have regular exams. Call your eye doctor right away if words start to look blurry, straight lines look distorted, or you develop a dark or empty area in the center of your vision.” ●

**Want to Know More?** For an AMD self-test and information on nutritional supplements that lower the risk of AMD-related vision loss, call 610-402-CARE.

## Mark Your Calendar

### Age-Related Macular Degeneration

June 13

Class details on page 33

## Reduce Your Risk of AMD-Related Vision Loss

- Don’t smoke
- Eat a diet rich in leafy green vegetables (see more on vitamins and minerals, page 5)
- Keep your blood pressure down
- Wear sunglasses with good UV protection
- Have regular eye exams (every two years from age 40 to 64 and annually after that)

For more information on choosing the right sunglasses, call 610-402-CARE.





# Healthy You

## Health Improvement Classes

### Registration is a must!

Since Healthy You class space is limited, if you want to attend a program you should register in advance. You can register by mail, e-mail, phone or fax. See the registration form between pages 38 and 39 or call 610-402-CARE. We may need to cancel a program or class if not enough people enroll. You'll get a full refund within 30 days.

## Vitality

PLUS

### Age 50-Plus

#### What Is Balance? **NEW** **FREE SCREENING**

Learn about the body systems that control balance, effects of aging on balance and household fall prevention strategies, as well as resources available at the Center for Healthy Aging. Includes fall risk assessment and balance screening.

Free

- Tuesday, June 11; 1 p.m. screening 1:30-2:30 p.m.

*Class meets at Health Center at Hellertown.*  
*Ethan Hood, physical/occupational therapist*



## Vitality

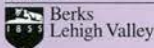
PLUS

## Computer Classes

In partnership with Penn State Berks Lehigh Valley, Vitality Plus offers computer instruction for all levels of experience. Classes are at the Penn State Fogelsville campus (8380 Mohr Lane), which has a state-of-the-art library. Reduced rate for GOLD members. All fees include textbook.

**To register for computer classes, call 610-285-5058.**

PENNSTATE



### Computer Basics I

Designed for those with little or no computer experience, this hands-on course features computer terminology, hardware and software, and using Windows.

2 sessions

\$50, Vitality Plus GOLD members

\$65, others

- Fridays, May 10 and 17; 10 a.m.-noon

### Age-Related Macular Degeneration **NEW**

Learn more about one of the leading causes of vision loss in those 65 and older. Discussion includes diagnosis, symptoms, current treatment and prevention of further vision loss.

Free

- Thursday, June 13; 7-8 p.m.

*Class meets at CC, Classroom 1.*

*Masayuki Kazahaya, M.D., ophthalmologist*

*See related article on page 32.*

### Sexuality and Aging **NEW**

Join this informative session about the physical, emotional and social issues of being sexually and romantically involved as you age.

Free

- Tuesday, June 25; 6:30-7:30 p.m.

*Class meets at 17, Auditorium.*

*John S. Jaffe, M.D., urologist*

*Marisa Mastropietro, M.D., urogynecologist*

*See related article on page 30.*



### Computer Basics II

For those who already have the skills from Computer Basics I, this course features how to work with files on floppy disks, font functions and editing techniques.

2 sessions

\$50, Vitality Plus GOLD members

\$65, others

- Fridays, May 24 and 31; 10 a.m.-noon

### The Web for Seniors

Learn to browse and search the Web and discover senior-specific news and views. Basic knowledge of the Internet is recommended.

2 sessions

\$50, Vitality Plus GOLD members

\$65, others

- Fridays, June 7 and 14; 10 a.m.-noon






## Health Improvement Classes

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<i>Registration form between pages 38 and 39</i>	



**Classes and lectures marked with  can be used to fill your Spirit of Women Passport to Heart Health. For information, see page 26.**



### 55-Alive— Driver Safety Program

Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Reduce

your risk of accidents and save money on your auto insurance. A community education service of Lehigh Valley Hospital's trauma department.

Free, Vitality Plus GOLD members  
\$10, others (check made payable to AARP)  
• Tuesday and Thursday, June 18 and 20;  
12:30-4:30 p.m.

• Tuesdays, July 23 and 30; 9 a.m.-1 p.m.

*Class meets at 17, School of Nursing, Auditorium.*

### Your Future in Social Security

What benefits can you expect when you retire? Learn how Social Security works, how monthly payments are computed and what the future holds. Bring your questions!

Free

• Thursday, June 20; 7-9 p.m.

*Class meets at 17, Auditorium.*

### Medicare Counseling

Get free, confidential counseling on Medicare issues from trained Apprise volunteers from the Lehigh County Area Agency on Aging. Walk-in hours most Wednesdays, 10 a.m.-noon, at the Health Center at Trexlertown or call 610-402-CARE.

## Center for Healthy Aging

### Opening Fall 2002

Imagine a place where you can visit a doctor, stop by a community agency, research health concerns and take an exercise class. This vision will be reality when the Center for Healthy Aging opens at Lehigh Valley Hospital, 17th and Chew streets, Allentown.

To give you a sneak peek, we've teamed with organizations throughout our community to bring these special services to you prior to our opening.

Join us as the Center for Healthy Aging presents

### Osteoporosis

*What you need to know  
for prevention and treatment*

Free

**FREE SCREENING**

• Wednesday, May 22; 1-1:30 p.m.  
screening 1:30-2:30 p.m.

*Class meets at Country Meadows, Building 3.*

*Joseph DeFulvio, D.O., obstetrician/gynecologist*

*Registration required*

### Watch Your Step

*Safe-Proofing Your Home* **NEW**

Learn how falls, medications, medical problems, mobility levels and environmental hazards can contribute to dangerous situations in the home. Includes balance test and fall risk assessment.

Free

**FREE SCREENING**

• Wednesday, May 29; 10:30-11 a.m.  
screening 11 a.m.-noon

*Class meets at Northampton Senior Center.*

• Tuesday, June 4; 11:30 a.m.-noon  
screening noon-1 p.m.

*Class meets at TX.*

• Wednesday, June 19; 1:30-2 p.m.  
screening 2-3 p.m.

*Class meets at Luther Crest.*

• Tuesday, July 16; 1-1:30 p.m.  
screening 1:30-2:30 p.m.

*Class meets at Country Meadows.*

*Presented by staff from Trauma Development and physical and occupational therapy departments*

*Registration required*



## Herbs and Your Health

Store shelves are full of vitamin and herb supplements, but which are right for you? Learn what works and guidelines for choosing supplements safely.

\$15

- Wednesday, May 29; 6:30-8 p.m.

*Class meets at CC, Classroom 1.*

- Monday, June 10; 6:30-8 p.m.

*Class meets at MUH—Banko, Room 4.*



## Exercise and Movement

Whether you're a beginner or a seasoned athlete, you'll find the right workout here. You need to register and fill out a health readiness questionnaire. You must be 18 years or older for most exercise and movement classes. To register, call 610-402-CARE.

## UV Sun Damage Screening

FREE SCREENING

Have your skin assessed and receive recommendations for a skin-care program to help reduce further sun damage and maintain a youthful appearance. Must be 18 years or older. *Appointment required; call 610-402-CARE.*

Free

- Tuesday, June 11; 5-7:30 p.m.

- Tuesday, July 9; 5-7:30 p.m.

*Meets at MUH, Youthful You Institute.*

*See related article on page 3.*

## Get Walking!

Learn about using a pedometer to count your steps and an exercise plan to get you moving. Bring your own pedometer or purchase one at the program; exercise diaries provided.

\$10

- Monday, June 17; 7-8 p.m.

*Class meets at MUH—Banko, Rooms 1 and 2.*

- Tuesday, June 25; 7-8 p.m.

*Class meets at CC, Classroom 1.*

*See related article on page 20.*

## Healthy Hands and Natural Nails

Caring for your hands and nails is important to grooming and better health. This 30-minute educational program and consultation will increase your health awareness. *Appointment required; call 610-402-CARE.*

Free

- Tuesday, May 21; 10 a.m.-noon

- Tuesday, June 18; 6-8 p.m.

*Class meets at MUH, Youthful You Institute.*

*See related article on page 4.*

## Parents Deserve to Be Pampered, Too

For Mother's and Father's Day, gift cards are available for programs, services and products through Healthy You programs, Massage Works and Youthful You Institute.

*For information, call 610-402-CARE.*

## Get Fit While You Sit

A total body workout while using a chair? Yes—these safe, low-demand exercises increase energy and improve health. Great for beginners.

6 classes for 6 weeks • \$22

- Tuesdays, May 14; 10-11 a.m. (first session)

- Wednesdays, May 22; 11:15 a.m.-12:15 p.m. (first session)

- Tuesdays, July 9; 10-11 a.m. (first session)

- Wednesdays, July 10; 11:15 a.m.-12:15 p.m. (first session)

*Classes meet at TX.*

# May Daze

## At Lehigh Valley Hospital—Cedar Crest and I-78

- **Friday, May 17**  
4-10 p.m.
- **Saturday, May 18**  
10 a.m.-10 p.m.
- **Sunday, May 19**  
noon-6 p.m.

*Sponsored by the Auxiliary of Lehigh Valley Hospital.*

Stop at the health trailer for seated chair massages, carpal tunnel screenings and non-fasting blood sugar screenings. (See Health Screenings, page 38.)

Have your collectibles appraised by experts (\$5 for one item; \$10 for three).

Don't miss the food, rides, music, baked goods, bingo, activities tent, crafts, plant and flower sales.

*It's all at May Daze.*

**For a full schedule of events, call 610-402-CARE.**





If you've neglected physical activity, Exercise for Life is a great way to get started. Offered at various times; for information and a schedule, call 610-402-CARE.

### Sixty Healthy "Fitness" Minutes

This low-intensity class can lower blood pressure and cholesterol, help prevent osteoporosis, heart disease and diabetes, improve heart attack recovery, ease arthritis, all while building lean muscle and improving well-being.

#### Monthly fees:

\$30 per session (\$26, Vitality Plus GOLD members)

#### Select a location:

- Health Center at Trexlertown
- Lehigh Valley Hospital — Muhlenberg
- Whitehall Township, Zephyr Park

### Staying Strong

Strength-building, resistance training and range-of-motion activities improve muscle tone and slow bone loss. This program eases the effects of arthritis and osteoporosis.

12 classes for 6 weeks • \$30

- Wednesdays and Fridays, May 22; 10-11 a.m. (first session)
- Wednesdays and Fridays, July 10; 10-11 a.m. (first session)

*Classes meet at TX.*

### Balanced Fitness

Using an air-cushioned exercise ball, this versatile workout will strengthen your back, chest and abs, and improve stability and balance. A perfect fit for beginners and cross-trainers.

6 classes • \$30

- Wednesdays, May 15; 7-8 p.m. (first session)
- Wednesdays, June 26; 7-8 p.m. (first session)

*Classes meet at MUH—Banko, Rooms 1 and 2.*

### PUMP

This leading-edge group workout will strengthen your body and produce visible results. PUMP uses a light barbell and variety of weights to work every major muscle group. For adults of all ages and fitness levels.

1 session/6 classes • \$55

2 sessions/12 classes • \$90

- Saturdays, June 8; 9:45-10:45 a.m. (first session)

- Wednesdays, June 19; 7-8 p.m. (first session)

*Classes meet at TX.*

### Cardio Kickboxing

Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance and cardiovascular power. *Wear loose clothing.*

12 classes for 6 weeks • \$48

- Tuesdays and Thursdays, May 28; 8:15-9 p.m. (first session)
- Tuesdays and Thursdays, July 16; 8:15-9 p.m. (first session)

*Classes meet at TX.*

## Mind and Body

### Guided Meditation

Tap into your own natural resources and draw energy from within. Meditation can reduce stress and promote clarity and peace of mind. *Bring pillow and blanket.*

\$20

- Saturday, June 1; 11 a.m.-12:30 p.m.

*Class meets at MUH—Banko, Rooms 1 and 2.*

### Body Rolling

This is a non-exercise class, combining the relaxing, pleasurable effects of massage with the toning effects of exercise. This whole-body workout will release tension, stretch muscles, increase blood flow and promote healing. *Wear comfortable clothing.*

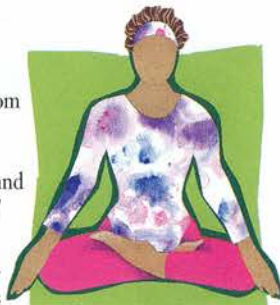
\$15

- Monday, June 10; 7-8 p.m.

*Class meets at MUH—Banko, Rooms 1 and 2.*

### Yoga

Your health will benefit from this ancient practice that incorporates breathing, stretching, strengthening and relaxation. *Bring pillow and blanket.*



#### • Relaxing Yoga—

A gentle flow of poses to reduce stress and improve flexibility.

6 classes • \$55 (\$50, Vitality Plus GOLD members)

- Mondays, June 3; 6-7:15 p.m. (first session)
- Mondays, June 3; 7:30-8:45 p.m. (first session)
- Thursdays, June 6; 10-11:15 a.m. (first session)
- Mondays, July 15; 6-7:15 p.m. (first session)
- Mondays, July 15; 7:30-8:45 p.m. (first session)

*Classes meet at TX.*

• **Energizing Yoga**—A stimulating flow of poses for strength, stamina, flexibility and balance.

6 classes • \$55 (\$50, Vitality Plus GOLD members)

- Tuesdays, June 11; 7-8:15 p.m. (first session)
- Thursdays, June 6; 6:45-8 p.m. (first session)
- Mondays, June 17; 11:30 a.m.-12:45 p.m. (first session)

*Classes meet at TX.*



## FREE HEALTH SCREENINGS

For information, call 610-402-CARE.

### • Blood Pressure and Pulse Screenings

#### Lehigh Valley Mall — upper level

Tuesday, May 21; 8:30-10 a.m.

Tuesday, June 18; 8:30-10 a.m.

Tuesday, July 16; 8:30-10 a.m.

#### MUH — Youthful You Institute

Wednesday, May 22; 11 a.m.-1 p.m.

Wednesday, June 26; 11 a.m.-1 p.m.

#### Ames Department Store — Trexlertown

(blood pressure only)

Tuesday, June 4; 8 a.m.-noon

Tuesday, July 2; 8 a.m.-noon

### • Osteoporosis Screenings (see page 34)

#### Country Meadows, Bethlehem

Wednesday, May 22; 1:30-2:30 p.m.

Registration required

### • UV Sun Damage Screenings

(see page 36)

#### MUH — Youthful You Institute

Tuesday, June 11; 5-7:30 p.m.

Tuesday, July 9; 5-7:30 p.m.

Appointment required; call 610-402-CARE.

See related article on page 3.

### • Balance Screenings/ Fall Risk Assessments (see pages 33 and 34)

#### Northampton Senior Center

Wednesday, May 29; 11 a.m.-noon

#### Health Center at Trexlertown

Tuesday, June 4; noon-1 p.m.

#### Health Center at Hellertown

Tuesday, June 11; 1:30-2:30 p.m.

#### Luther Crest, Allentown

Wednesday, June 19; 2-3 p.m.

#### Country Meadows, Bethlehem

Tuesday, July 16; 1:30-2:30 p.m.

Registration required

### • Carpal Tunnel Screenings (see page 36)

#### May Daze—Health Trailer

Saturday, May 18; noon-4 p.m.

Sunday, May 19; noon-4 p.m.

See related article on page 12.

### • Non-fasting Blood Sugar Screenings

(see page 36)

#### May Daze—Health Trailer

Saturday, May 18; noon-4 p.m.

Sunday, May 19; noon-4 p.m.

## Tai Chi

Create peace from the inside out with a weekly work-out of slow and graceful flowing movements that improve vitality and well-being and reduce stress.



### • Fundamentals of Tai Chi—

An introduction to the basic movements and techniques.

\$20

• Saturday, June 29; 11 a.m.-12:30 p.m.

Class meets at CC, Classroom 1.

### • Tai Chi

6 weeks • \$55 (\$50, Vitality Plus GOLD members)

• Mondays, June 3; 10-11:15 a.m. (first session)

• Tuesdays, June 4; 6:45-8 p.m. (first session)

• Mondays, July 15; 10-11:15 a.m. (first session)

• Tuesdays, July 16; 6:45-8 p.m. (first session)

Classes meet at TX.

• Thursdays, June 6; 7-8:15 p.m. (first session)

Classes meet at MUH—Banko, Rooms 1 and 2.

## Mindfulness-Based Stress Reduction

Learn deep relaxation through yoga and mindfulness meditation. This group approach is effective in reducing everyday stress and chronic anxiety and pain.

Free

• Wednesday, May 29; 7 p.m.

Class meets at 17, School of Nursing.





# Healthy You

## How to Register

### Health Improvement Classes

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. Choose from a variety of methods for enrolling in classes. For more information, call 610-402-CARE, Monday-Friday, 8:30 a.m.-4:30 p.m.

#### BY FAX:

610-402-2295.

Use the registration form.  
Payment by **MasterCard**,  
**Visa** or **Discover**.

#### BY PHONE:

Call 610-402-CARE.

Payment by **MasterCard**,  
**Visa** or **Discover**.

#### BY MAIL:

Mail registration form  
and payment to  
Attn: 402-CARE office at  
Lehigh Valley Hospital  
17th and Chew Streets  
P.O. Box 7017  
Allentown, PA 18105-7017

#### ON THE WEB:

Through the Lehigh Valley Hospital  
and Health Network web site  
[www.lvh.org](http://www.lvh.org). Go to the  
calendar of events; use the online  
registration form. Payment by  
**MasterCard**, **Visa** or **Discover**.

## Welcome to Vitality Plus!

# Vitality

PLUS®

This membership program from Lehigh Valley Hospital and Health Network provides you with a host of benefits. Join today! *There are two ways to join Vitality Plus...*

■ **GOLD Membership** at \$20 a year (individual or married couple) gives you the full range of program benefits.

■ **Community Membership** at no cost gives you a sampling of benefits..

### GOLD Member Benefits \$20/year

#### Health and Education

- Newsletter
- Exercise classes at reduced rates
- Workshops and seminars at reduced rates or free
- Medical emergency card
- Health plan and insurance claims counseling

#### Hospital Amenities

- Phone card
- Cafeteria coupons

#### Social Events

- Special Vitality Plus events at reduced rates
- Dining club

### Community Member Benefits Free

- Newsletter
- Health plan and insurance claims counseling
- Invitations to special events
- Dance lessons at reduced rates
- Volunteer opportunities
- Cafeteria discount
- Workshops and seminars
- Local health clubs discount

#### Discounts

- Long-term care insurance
- Eyewear
- Pharmacy
- Hearing care
- Travel
- Medical equipment
- Local health clubs

*For either membership,  
you need a card. Call  
610-402-CARE or use the  
form on the reverse side.*





# Class Registration and Membership Form

## PARTICIPANT INFORMATION: *This section must be completed*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Social Security # \_\_\_\_\_

E-mail address \_\_\_\_\_

Are you a Lehigh Valley Hospital employee? ☐ Yes ☐ No

Are you a Vitality Plus GOLD member? ☐ Yes ☐ No

## TO REGISTER FOR A CLASS:

Please refer to the course schedule (pages 33-44) for class title, date/time and fees. *Please print.*

class title(s)	date/time	fee(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____

## TO BECOME A VITALITY PLUS MEMBER:

Enroll me in Vitality Plus—Healthy Living for People 50 and Over. Please refer to the reverse side of this page for membership details.

☐ FREE Community Membership

☐ Vitality Plus GOLD (\$20/year individual or married couple)

Your date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex ☐ M ☐ F

Spouse's name \_\_\_\_\_

Social Security # \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Your primary care physician \_\_\_\_\_

E-mail address \_\_\_\_\_

## PAYMENT INFORMATION: *This section must be completed*

Make check payable to: Lehigh Valley Hospital

Charge to my credit card ☐ MasterCard ☐ Visa ☐ Discover

CREDIT CARD ACCOUNT NUMBER

\_\_\_\_\_

Signature

Exp. Date

PAYMENT: Total amount enclosed: \$ \_\_\_\_\_

**LEHIGH VALLEY**

HOSPITAL AND  
HEALTH NETWORK

## Partnered Relaxation

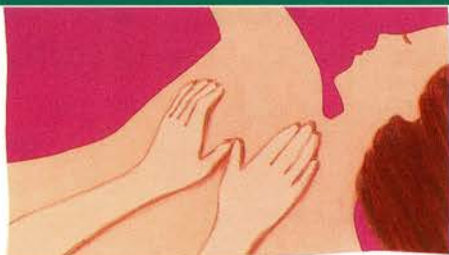
This workshop for you and your partner uses techniques of massage, yoga and relaxation to reduce stress and increase body awareness and flexibility. You'll leave feeling relaxed and invigorated!

\$40 per couple

• Saturday, June 22; 1-2:30 p.m.

*Class meets at MUH—Banko, Rooms 1 and 2.*

## Massage Therapy



### Massage Therapy

Massage therapy improves circulation, relaxes the muscles, and soothes the mind and body. Certified massage therapists available at four locations. For more information or appointment, call 610-402-CARE. Gift cards available.

#### Massage Therapies

	Prices
Relaxation	30-minute • \$35 60-minute • \$55
Therapeutic	60-minute • \$55 90-minute • \$75
Aromatherapy	45-minute • \$50
Foot	30-minute • \$35
Pregnancy	60-minute • \$55
Hot Stone	60-minute • \$65
Neck, Back and Shoulder	30-minute • \$30
Massage.com-puter	30-minute • \$30

*Sessions held at TX, MUH—Youthful You Institute, Hamburg Community Health Center and CC—Jaindl Pavilion.*

*See related article on page 12.*

## Heritage Day

Look for Lehigh Valley Hospital and Health Network at Easton Area Heritage Day. Take advantage of a full day of health information and fun activities for the whole family.

• Sunday, July 7

Easton's Historic Center Square

*For more information,  
call 610-402-CARE.*

## Spirit of Women

### Women's Health

#### Ages and Stages of Women's Wellness **NEW**

Take a journey through a woman's life from adolescence to menopause, learning about health needs and disease prevention to maintain wellness at every stage.

Free

• Tuesday, May 21; noon-1 p.m.

*Class meets at Health Center at Hellertown.*

*Patrice M. Weiss, M.D., obstetrician/gynecologist*

#### Pregnancy—Planning for the Unexpected

**NEW**

Pre-pregnancy planning is important to understanding the risks and habits that can cause unexpected outcomes. Be prepared to enjoy the birth of your baby and beyond.

Free

• Thursday, May 23; 7-8 p.m.

*Class meets at CC, Auditorium.*

*L. Wayne Hess, M.D.,  
obstetrician/gynecologist*

*See related article on  
page 10.*



### Building Your Bone 'Bank Account' **NEW**

Sufficient calcium intake is key in osteoporosis prevention. Learn how diet and supplements can balance calcium "deposits" and "withdrawals" at this interactive discussion and dinner. Celebrate National Osteoporosis Month with displays and giveaways.

\$15, includes calcium-rich dinner

• Monday, May 20; 5:30-7:30 p.m.

*Class meets at TX.*

*Barbara Carlson, registered dietitian*

*Marie Rosenthal, registered pharmacist*





## Multiple Sclerosis—Women's Day **NEW**

Come to learn and share at this conference dealing with women's issues pertaining to multiple sclerosis.

Free

• Saturday, June 8; 9 a.m.-noon

Meets at CC, Classroom 1.

## Is It Really a Yeast Infection? **NEW**

More women see their gynecologist for vaginal discharge than any other reason. Contrary to popular belief, yeast is not the most common cause. Learn more about the vaginal problems women worry about. Fee includes a hardback copy of *The Female Body: An Owner's Manual*.

\$20

• Wednesday, June 12; 7-8 p.m.

Class meets at TX.

Wendy Grube and Cheryl Lichner, certified nurse practitioners

See related article on page 16.

## Emotional Impact of Heart Disease in Women

**NEW**

Women may experience worry, confusion, depression, anger, denial, guilt and fear when dealing with heart disease. Learn to take control of your emotional well-being to regain health and self-confidence.

Free

• Wednesday, June 19; 7-8 p.m.

Class meets at CC, Auditorium.

Pushpi Chaudhary, M.D., psychiatrist

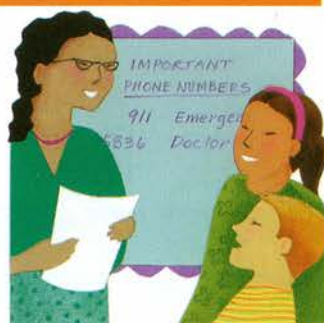
See related article on page 24.

## Parenting

### Safe Sitter

Designed for youngsters ages 11-13 who want to learn responsible babysitting and child care, including first aid and behavior management techniques. \$35 for two-day course. Bring a brown bag lunch.

For dates and location, call 610-402-CARE.



### Safe Night

For teen-agers and by teen-agers

Teens from local high schools and middle schools are taking a stand against dangerous behaviors by planning a series of Safe Nights for their peers. Participants will explore teen sexuality, dating, self-defense, drugs, alcohol, anger management and violence through interactive workshops, hear empowering speakers and unite over fun activities such as talent shows, dancing, sports, movies and games.

• Saturday, May 18-19; 7 p.m.-7 a.m.

For grades 7-12

Family YMCA of Easton

1225 W. Lafayette St., Easton

• Friday, May 31; 4-9 p.m.

For grades 5-8

City Limits Assembly of God

Ridge Ave. and Chew St., Allentown

• Friday, May 31; 6-10 p.m.

For grades 9-12

William Allen High School,

126 N. 17th St., Allentown

• Friday, June 14; 6-10 p.m.

For grades 7-12

HALA (Hispanic American League of Artists)

Seventh and Hamilton St., Allentown

• Friday, July 12; (time to be announced)

Boys' and Girls' Club of Allentown Teen Center

641 N. Seventh St., Allentown

For information, call 610-402-CARE.

## Camp Wheeze Away

All the fun of an overnight camp for children ages 6-11 under a physician's care for asthma. Medically supervised activities include swimming, archery, games, arts and crafts, and asthma education sessions.

\$70 per camper; financial assistance available

• Friday, July 12-Sunday, July 14  
Camp Horseshoe, Orefield

For more information, call 610-402-CARE.

See related article on page 6.

## Childbirth and Newborn Care



### Learn Infant Massage

A nurturing way to interact with your newborn by combining touch, play and caregiving. Learn step-by-step techniques to relax the baby and help you bond. Ideal for babies 2 weeks to 3 months old.

\$20

- Saturday, July 13;  
11:30 a.m.-12:30 p.m.

*Class meets at CC, President's Room.*



### Ongoing Childbirth Programs

*Lehigh Valley Hospital offers a full range of childbirth and newborn classes. For information on dates, locations and registration, call 610-402-CARE. Gift cards are available.*



- **Maternity Tours**—See the Center for Mother and Baby Care in the Jandl Family Pavilion at Lehigh Valley Hospital—Cedar Crest and I-78, Allentown. Adult tours are available on Tuesdays, Wednesdays and Sundays; sibling tours on Saturdays.
- **Prepared Childbirth**—Covers relaxation, breathing, stages of labor, medications, Cesarean birth, and newborn feeding and care. \$95 per couple, four-week series.
- **Weekend Prepared Childbirth**—Accelerated childbirth preparation for couples who are willing to spend a concentrated amount of learning time. \$135 per couple, includes breakfast, lunch.

- **Baby Care**—For expectant and adopting parents—even grandparents! Feeding, newborn care, preventive measures and practical tips on clothing, furniture and equipment. \$35 per couple, two-week session.

- **Breastfeeding Your Baby**—Designed for expectant parents who are considering breastfeeding. Learn the benefits for baby and mother from our lactation nurse. \$30.

- **Pregnancy Massage**—Gentle massage techniques for the expectant mom to relieve back pain and improve circulation. Postpartum massage helps restore and relax the body. A great gift idea! \$55 for 60-minute session with a medical massage therapist.

*See related article on page 10.*

## Disease Prevention and Care

### Living With Kidney Disease

This two-session Renal Education Enhancement Program (REEP) deals with the treatment of kidney disease and lifestyle concerns for patients and families.

Free

- Monday, May 13 and 20; 6-8 p.m.

*Classes meet at CC, Morgan Cancer Center, Conference Room 1b.*

### Heart Failure Education

The Healing Hearts Program of The Regional Heart Center will complement your physician's existing medical program and recommendations. Series focuses on lifestyle modification, nutrition and medication management. Your doctor's referral is necessary.

*For more information and a schedule, call 610-402-CARE.*

## Diabetes Education

The Helwig Center for Diabetes and Nutrition Education offers a series of programs for adults with diabetes in such areas as diet, exercise, medication, weight loss, insulin pump therapy and home testing. Family and friends are welcome. Programs are now available at TX, CC, 17 and MUH. See our support group, page 43.

*For more information or for details on a weight loss program for those needing to lose more than 60 pounds, call 610-402-CARE.*





## Cancer Education

### Orientation Program for Patients and Families

As you begin cancer treatment, we'll help you prepare and manage the unexpected. This program is designed for patients, family and friends — you are encouraged to bring a partner. *Registration required.*

Free

*To schedule an appointment with our team of nurses, social workers and dietitians, call 610-402-CARE.*

### Self-Help Group for Individuals With Cancer

Identify new problems that may be interfering with your peace of mind. Learn coping skills and receive group support. Meets for nine weeks. *To register and for fee information, call 610-402-CARE*

- Tuesdays, 7:30-9 p.m.

*Meets at CC, Morgan Cancer Center, Meditation Room.*

- Tuesdays, 5:30-7 p.m.

*Meets at MUH—Banko.*

## Interactive educational programs for patients dealing with cancer and their families and friends



### Storytelling: Once Upon a Time...

Become part of the web of histories, legends, tales and songs that promote healing. Learn and practice the art of storytelling.

Free

- Thursday, May 16; 7 p.m.

*Class meets at CC, Morgan Cancer Center, Conference Rooms 1a and 1b.*

*Lorraine Gyauch, R.N.*

### Mother's Day Share the Walk 2002

Join others for a walk and balloon lift in honor and memory of women battling cancer.

Free

- Sunday, May 12; noon-4 p.m.

*Meets at Rodale Park, Trexlertown.*

*Scott Coe, coordinator, eagle scout project*

*To register, call 610-402-CARE.*



### Gyn Support and Outreach Program

For women and their families dealing with ovarian, uterine, cervical and other gynecological cancers. Rejuvenate yourself and regain strength and hope by meeting with other women in similar circumstances.

Free

- Wednesday, June 5; 7:30-9 p.m.

- Wednesday, July 3; 7:30-9 p.m.

*Meets at CC, Morgan Cancer Center, Suite 114.*

### Support of Survivors

SOS is a 24-hour telephone line staffed by breast cancer survivors to help women take an active role in their recovery. Call 610-402-4505.

### Men Facing Cancer

A discussion group for men dealing with prostate, bladder or genitourinary cancer. Spouses and friends welcome.

Free

- Monday, June 3; 7:30-9 p.m.

- Monday, July 1; 7:30-9 p.m.

*Meets at CC, Morgan Cancer Center, Conference Room 1b.*

### Adolescent Support Group

For adolescents ages 10-16 facing cancer. Family members welcome.

Free

*Ted Brent, Camelot for Children*

*For dates, times and location, call 610-402-CARE.*



## CPR

Are you prepared to save a life? Everyone should be trained in the vital techniques of cardiopulmonary resuscitation (CPR). All classes meet at 2166, ground floor. *Registration required one week prior to class start.*

*See related article on page 22.*

- **Heartsaver Adult (Course A)**—

One-person adult heart-saver CPR.

Includes clearing blocked airway.

\$30

- Monday, July 22; 7-10 p.m.

- **Fundamentals of Basic Life Support**

**(BLS—Course C)**—One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing blocked airway.

3-part course • \$50

- Mondays, June 10, 17 and 24; 7-10 p.m.
- Mondays, July 1, 8 and 15; 7-10 p.m.

- **BLS Renewal**—To attend you must have a current Course C card.

\$30

- Monday, June 3; 7-10 p.m.

- **Heartsaver Pediatric (Course D)**—

Focus on infant and child CPR, including clearing a blocked airway.

\$30

- Wednesday, May 22; 7-10 p.m.
- Wednesday, June 19; 7-10 p.m.



## Coaches Clinic

**NEW**

Injury prevention and treatment are essential skills for coaches in recreational youth sports leagues. Learn how to prevent and respond to common sports injuries. Includes demonstrations of warm-up and stretching techniques.

Free

- Saturday, June 15; 10 a.m.-noon

*For location, call 610-402-CARE.*

*Jeffrey Brown, D.O., family practice physician*

*Kelly Finken, physical therapist*

*See related article on page 2.*



## Support Groups

When you're coping with a health problem, loss of a loved one or other life challenge, support from people who've "been there" can make all the difference. You'll hear presentations from experts and share your experiences, concerns and suggestions. Lehigh Valley Hospital and Health Network sponsors or hosts many support groups, including:

- **Bereavement Support Group**—For family and friends who have experienced a loss through death. Monthly topics include making decisions, choices in grieving, and exploring relationships and attitudes.

- **Cancer Support Groups** (see page 42)

- **Crohn's and Ulcerative Colitis Support Group**—Find reassurance, understanding and the sharing of experiences with others in this educational group.

- **Diabetes Support Group**—For adults with diabetes.

- **Hospice Support Group**—Support, education and fellowship for anyone who has experienced a loss through death.

- **Lyme Disease Support Group**—Discussions include symptoms, testing, latest treatments and prevention.

- **Parkinson's Support Group**—For those with Parkinson's disease and their families, friends and caregivers, the group offers a forum for problems, concerns and learning.

- **Partner Support Group**—For those living with someone with an illness or disability, learn how to better cope.

*Want to Know More?* For more information on these free support groups and other groups, call 610-402-CARE. Log on to our web site ([www.lvh.org](http://www.lvh.org)) and click on Education Programs to learn more about support groups in your area.



## Speakers' Bureau

At Lehigh Valley Hospital, we know that learning is essential to good health. Our highly accomplished team of physicians, nurses and other health care professionals would be happy to share the latest information on a variety of timely topics with your group or organization. Here's a sampling:

### GlitterBug® Program:

#### Proper Hand Washing

By using an ultraviolet light and special liquid, you'll learn effective hand-washing techniques that help prevent the spread of germs. Materials are available so you can present GlitterBug to your employees or students, or a practitioner can teach it for you. Reservations required; call 610-402-CARE.



• **Heart Health** — Learn about heart disease treatment and prevention. Choose from the following topics:

- Women and Heart Disease
- How to Modify Your Risk for Heart Disease
- Heart Attack—the First Hour
- New Ways to Treat Heart Disease

• **What You Can Do to Prevent Skin Cancer** — Think twice before going for that bronze glow. Learn ways to protect yourself and your family from the risk of skin cancer.

• **New Advances in Knee Replacements** — Learn about the latest developments in joint replacement, from diagnosis to recovery.

• **The Center for Healthy Aging** — Opening in fall 2002, this new facility at 17th and Chew streets in Allentown will house community education, social and clinical services, a learning resource center and the Vitality Plus program.

This is only a small selection of the many interesting and informative presentations we have to offer. Please visit us at [www.lvh.org](http://www.lvh.org) for the entire list of speakers and health care topics available. To schedule a speaker for your group, call 610-402-CARE, or submit your request online at [www.lvh.org](http://www.lvh.org).

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Advanced Dermatology Associates, Ltd.  
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Schnecksville

\*Lehigh Valley Physician Group

For referral, call 610-402-CARE (888-LVH-CARE) • [www.lvh.org](http://www.lvh.org)



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## **Yes! To Mammograms** (page 5)

### **'I Hate Breast Self-Exams!' (page 7)**

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Lehigh Valley Hospital—17th & Chew  
Lehigh Valley Hospital—Muhlenberg  
Health Center at Trexlertown  
Health Center at Bath  
6649 Chrisphalt Drive, Bath  
Hamburg Community Health Center  
700 Hawk Ridge Drive, Hamburg

## **When Baby Comes Early** (page 10)

*Center for Mother and Baby Care*  
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## **It's All in Your Hands** (page 12)

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2649 Schoenersville Rd., Bethlehem

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*Emergency Services*  
Lehigh Valley Hospital—CC & I-78  
Lehigh Valley Hospital—17th & Chew  
Lehigh Valley Hospital—Muhlenberg

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## LEHIGH VALLEY

HOSPITAL AND  
HEALTH NETWORK

Any comments concerning this publication may be sent to:

### **Healthy You**

Attn: Marketing & Public Affairs  
1770 Bathgate Drive  
Bethlehem, PA, 18017 or you  
may call 610-402-CARE.

Visit Lehigh Valley Hospital's  
web site at [www.lvh.org](http://www.lvh.org)

TDD General Information  
610-402-1995

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### **Publisher**

Carol Biscontin  
Senior Vice President, Marketing  
and Public Affairs

### **Editor-in-Chief**

Kerri L. Puskar, Marketing Director

### **Senior Editor and Writer**

Kathryn Hobbie

### **Contributing Writers**

Susan Bohme  
Kyle Hardner  
Gary Kimball  
Pamela Maurer  
Suzanne Morey  
Elizabeth McDonald

### **Art Director**

Jeanne Stock

### **Photo Editor & Photographer**

Thomas F. Amico

### **Distribution & Production**

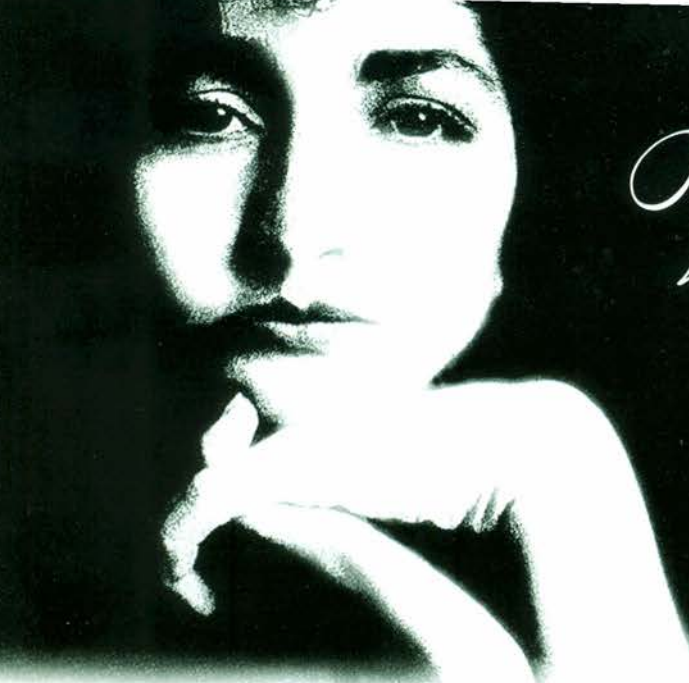
Kathleen Scaief, Manager, Marketing and Public Affairs  
Barbara Field, Kathryn Fones, Alane Mercer, Janet Welk,  
Production Assistants

### **Contributing Advisors**

MEDICAL EDITOR Robert Laskowski, M.D.  
EDUCATION COORDINATOR Fran Derhammer, R.N.  
COMMUNITY HEALTH Sharnee Cederberg, R.N., Judith Sabino, Greg Salem  
SENIORS' HEALTH (Vitality Plus) Mary Ferrell, Susan Hoffman,  
Maria Kammetler, Francis Salerno, M.D.  
WOMEN'S HEALTH (Spirit of Women) Ann Fatzinger, Laura Harner,  
L. Wayne Hess, M.D., Patrice M. Weiss, M.D.  
CONSUMER INFORMATION LINE Mary Jane Frank, R.N.,  
Chris Morehouse, R.N., Tina Ruhf, R.N., Diane Wertman, R.N.  
WEB SITE Sheri Rush  
OTHER CONTRIBUTING ADVISORS Bob Begliomini, registered pharmacist;  
Tom Lane, psychologist; Karen Friedly, registered dietitian;  
Danette Missmer, hand therapist; Wendy Grube, nurse practitioner;  
Amy Virus, walking program coordinator; Pat Gordy, Tom Miller,  
licensed social workers

*Healthy You* is published by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE for further assistance.





A  
*Woman's*  
heart  
really is  
different.



*Some people say there's more room for joy.  
More capacity for love and friendship. And  
yes, more ability to handle pain and sorrow.*

*D*octors say a woman's heart behaves differently. Women may have different, often unrecognized, symptoms when they're having a heart attack. They may respond differently to heart medication. Their cholesterol is affected by their hormones.

That's why it's so important to have a doctor who understands how a woman's heart *is* different. The doctors at Lehigh Valley Hospital understand your heart. And they offer the most up-to-date thinking, research, technology and treatments. Trust your heart to our physicians.

Call 610-402-CARE today to  
order your FREE **Passport**  
to Heart Health, a guide  
to help you identify and  
control your risk factors  
for heart disease.

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# Want to Know More

## About Your Heart and How to Keep It Healthy?

You'll find a wealth of resources at  
Lehigh Valley Hospital and Health Network.  
To learn more about heart health, you can:



### ♥ Read all about it

Every issue of *Healthy You* magazine includes heart-related news and lifestyle information you can use. For in-depth learning, check out the Health Library and Learning Center at the Health Center at Trexlertown. You'll find books, periodicals, Internet access, and hands-on help finding out what you need to know.

### ♥ Visit our web site: [www.lvh.org](http://www.lvh.org)

It's chock-full of heart-healthy information and links.

### ♥ Attend a class, lecture or exercise program

In this issue, you can choose from:

- Emotional Impact of Heart Disease in Women (page 40)
- Get Walking! (page 36)
- Exercise for Life (page 37)
- PUMP (page 37)
- Cardio Kickboxing (page 37)
- CPR (page 43)



### ♥ Invite a speaker to your group

Our heart-health topics include:

- Women and Heart Disease
- How to Modify Your Risk
- Heart Attack—the First Hour
- New Ways to Treat Heart Disease

*See page 44 for details.*

### ♥ Track your risk factors (and maybe even win a prize!)

Sign up for the Spirit of Women 2002 Passport to Heart Health (see page 26)

### ♥ De-stress for heart health

Try one of these programs:

- Guided Meditation (page 37)
- Yoga (page 37)
- Tai Chi (page 38)
- Mindfulness-Based Stress Reduction (page 38)
- Partnered Relaxation (page 39)
- Massage Therapy (page 39)



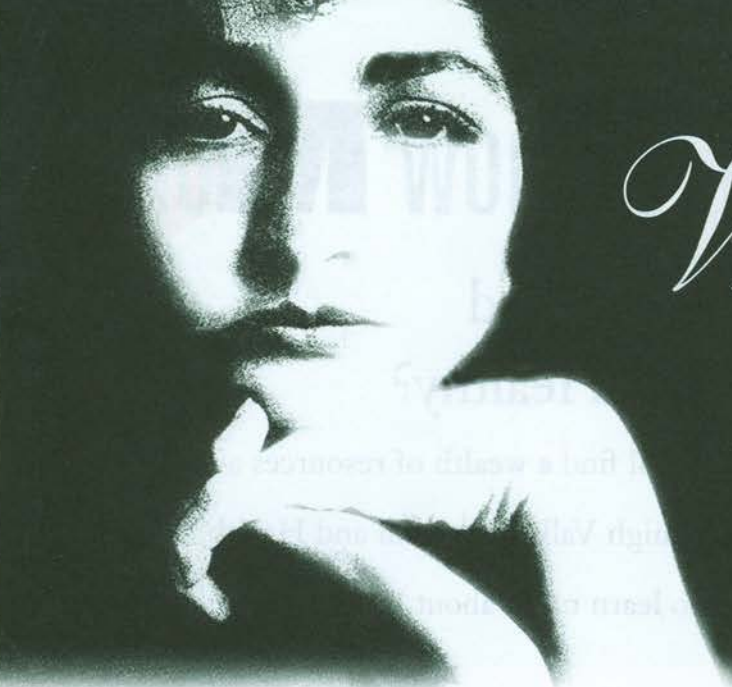
### ♥ Get a screening

- Blood pressure and pulse (page 38)

### ♥ Have a confidential talk with an expert

Your #1 resource is your family physician. If you need help finding one, or have a question you'd like to talk over with one of our nurses, call 610-402-CARE.





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